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Opportunity Knocks in the Heart of Visitacion Valley

Leland Avenue will become a more attractive commercial corridor once streetscape improvements are completed.

by Crezia Tano

Leland Avenue will soon have a brand new streetscape, a brand new branch library, and a revived sense of a downtown in the heart of the community.

VVBOOM (Visitacion Valley Business Opportunities and Outreach to Merchants) has been working hard to provide the community improved services such as bringing DPW's (Department of Public Works) Commercial Corridor Cleaning Program, which provides street cleaning service to Leland and Bayshore from Tuesday to Saturday and MOCD's (Mayor's Office of Community Development) Facade Improvement Program, which has revitalized two Leland Avenue businesses, Joe Leland coffee shop and the Northeast Community Federal Credit Union. It will also be undertaking the improvement of JB's Barbershop at 160 Leland Ave.

Available retail locations at 73 and 178 Leland Ave. offer opportunities.

Leland is slowly but surely changing for the better, and VVBOOM wants to ensure that vacancies continue to be filled along the corridor. VVBOOM is currently partnering with the Urban Solutions team to fill the spaces at 73 Leland Avenue (formerly Pho Y & G) and 178 Leland (formerly JB's The Shop). The location at 73 Leland is prime restaurant space for a neighborhood eatery or pizzeria, and 178 Leland is perfect for neighborhood serving retail such as a book store, used clothing store, or flower shop.

For more information, please contact VVBOOM at (415) 587-7896 ext. 104 or Glenda Gutierrez at (415) 553-4433 ext. 105.

San Francisco Announces Graffiti Rewards Fund Initiative

Mayor Gavin Newsom and District Attorney Kamala Harris kicked off a new initiative in the city's North Beach district on Feb. 22 that will provide $250 for information leading to the arrest and conviction of graffiti vandals. The program is funded through the collection of fines and penalties levied against other graffiti offenders.

"With this new Graffiti Rewards Fund Program and our other graffiti abatement programs, we make reporting graffiti vandalism – rewarding," said Mayor Newsom. "Our message to taggers is clear. We do not tolerate graffiti vandalism in San Francisco. Your tag will not stay up."

"Graffiti is a pervasive crime that damages public and private property, and contributes to the perception of lawlessness in a community that can lead to flourishing of other crimes," said District Attorney Harris. "I am hopeful that these rewards will help us work with the community to hold vandals accountable."

Department of Public Works (DPW) crews work seven days a week to remove graffiti from San Francisco's streets and sidewalks. City crews are dispatched within 48 hours of a complaint. Graffiti abatement contractors in the city's main corridors abate approximately 90 percent of reported graffiti within 48 hours of receipt of the report as well.

A 2000-2001 Civil Grand Jury report estimated the total cost to the City of graffiti damages and removal at $22,000,000 a year without considering the costs borne by private property owners.

Last year, 30,000 locations and 800,000 square feet of surfaces were abated at a cost of roughly $3,200,000. In 2007, SFPD officers participated in making 238 graffiti arrests, an increase from the 139 arrests made the previous year.

Graffiti Rewards Fund claim forms are available to be picked up in person at the San Francisco District Attorney's Office, San Francisco Police Department stations, or the Department of Public Works. They are also available on-line at each department website and more information is available by calling 311.

S.F. Named One of America's Greenest Cities

Mayor Gavin Newsom announced recently that San Francisco has made the America's 50 Greenest Cities list as compiled by Popular Science Magazine. Having received a score of 23 out of 30, San Francisco was heralded for its commitment to public transportation and solar power installation.

"San Francisco's environmental accomplishments continue to take national center stage, and this ranking reflects our leadership," said Mayor Newsom. "With more innovation, and continued expansion of our greening and sustain-ability efforts, I have no doubt that next year San Francisco will be at the top of the list."

San Francisco was followed by Boston, MA; Oakland, CA; and Eugene, OR in the top five. Portland, OR ranked first with a score of 23.1. The magazine used raw data from the U.S. Census Bureau and the National Geographic Society's Green Guide, which collected information for American cities with populations over 100,000 people. Data was collected in over 30 categories, including air quality and transportation habits. This information was then compiled in to four categories: electricity, transportation, green living, and recycling and green perspective.

Leland Action Plan At VVPA Meeting

Do you shop on Leland Avenue? Do you feel that businesses on Leland Avenue could better serve your shopping, dining, and every day needs? VVBOOM will be presenting a Leland/Bayshore Community Action Plan at the next meeting of the Visitacion Valley Planning Alliance (VVPA) on Saturday, Mar. 8 from 10 a.m. to 12 noon at 66 Raymond Ave. and would like comments from the community on how the Leland corridor can again becoming a thriving commercial shopping district.

For more information, please contact VVBOOM at (415) 507-7896 ext 104 or vvboom.info@gmail.com.

Neighborhood Safety Discussed At Police Community Meeting

by Betty Parshall

Two dozen or so residents gathered on Feb. 15 at the Visitacion Valley Community Center for a monthly meeting with Captain Dennis O'Leary from Ingleside Station and David Chan from Project SAFE for shared information and to get answers to some of their questions about safety in the neighborhood.

David Chan, who also serves as translator for the Chinese speakers, first announced that people making emergency calls from cell phones can now use 911 in San Francisco.

Previously, 911 calls in the city were routed through Vallejo, causing serious delays in getting needed assistance. The city then provided a special emergency number for cell phone users. That number is no longer in use.

Mr. Chan then advised of a common scam being practiced throughout the city. Two or three men dressed in work clothes come to a home and tell the resident they work for the Public Utilities Commission, and need to check a utility connection: electricity, gas or water. While one man engages the resident in conversation, the other two "inspect" the home, pocketing whatever money and small valuables they can. The PUC has issued a warning: PUC employees never appear unexpectedly. They only come at a customer's request, and one should never admit anyone who arrives unexpectedly.

Captain O'Leary then spoke about recent events in the Valley. There were no homicides in January, then in February two young men were shot to death. Chief Fong decided that more resources should be directed to the Valley at certain times, and more officers are now in the area on Friday, Saturday and Sunday nights. On random days but at least once a week, more motorcycle officers are assigned to the Valley looking for bad drivers and checking for such offences as driving without a license or with a suspended license. Offenders' cars will be impounded.

Calls about shots fired bring a concentration of officers to the area and serious efforts are made to catch perpetrators.

One man described his experience of being attacked a couple of years ago and felt that the police response was slow. David Chan then provided pointers for making a 911 call: be concise and provide location, such as "I am hurt, I have been attacked, I need help, and I am at (address)." He explained that people sometimes try to say too much, which can delay getting help.

Other questions were raised about 911 calls, one being "how long does it take to get a translator?" It is proposed to invite a representative of the Department of Emergency Planning to a future meeting to get the answer to this and other questions.

On hearing that there have been several purse snatchings along the Rutland Avenue hill, Captain O'Leary said he would check reports and increase patrols during appropriate times.

Kevin Blackwell, who works for the Safety Network, made a plea for more non-English speaking residents to join English-speaking residents in demanding more translators to be brought into the community. He explained that the power in numbers and persistence of a large, united group from the Valley at future City meetings would be essential in helping to bring these services to the neighborhood.

Future police community meetings in Visitacion Valley will continue on the second Friday of each month, with the next meeting scheduled from 7 to 8:30 p.m. on Friday, Mar. 14 at 66 Raymond Ave.

New Legislation Introduced Allowing Daly City to Purchase the Cow Palace

DALY CITY – Senator Leland Yee (D-San Francisco/San Mateo) on Feb. 22 introduced legislation to allow the City of Daly City to purchase the Cow Palace, the state-owned indoor arena situated within the City's jurisdiction.

The Cow Palace is currently located on sixty-eight acres of property within Daly City, near the San Francisco border. The arena, which was constructed in 1941, has failed to be updated and adequately maintained over the years. In fact, the deteriorating physical infrastructure is not compliant with requirements for seismic safety and the Americans with Disabilities Act (ADA).

"In December, the Daly City Council unanimously passed a resolution requesting this legislation," said Yee. "Through this bill, we can finally revitalize the Bayshore neighborhood and rid the community of the problems this dilapidated facility has caused."

In recent years, events at the Cow Palace have resulted in a number of community concerns, including illegal gun sales, drug dealing, and significant costs of providing law enforcement services to the facility.

Specifically, Senate Bill 1527 allows the state's Director of General Services to sell, at fair market value, the Cow Palace to the City of Daly City.

The legislation will be considered by the Senate in the coming weeks.

Principal for a Day at "Little Vis"

As a Principal-for-a-Day, Tim Ryan (r) of Merrill Lynch recently shadowed Principal Vincent Chao of Visitacion Valley Elementary school in an effort to bring private and public sectors into the schools to have a better understanding of how children are educated in preparation of a future workforce.

Grapevine Mailbox

The People's Choice

In this presidential campaign, both print and electronic media refer only to Caucasian, African American, and Latino voters, and fail to recognize the presence and power of Asian American voters.

When the votes are counted, race still does matter.

In the recent primary campaigns leading up to the Super Tuesday primaries, Senator Barack Obama's candidacy transcended lines of race, ethnicity, socio-economic status, political affiliation, gender, and age.

Senator Hillary Rodham Clinton's campaign, however, was marred and tainted by the race baiting remarks concerning African Americans. Those remarks offended many Americans.

Senator Clinton's campaign continues to be plagued by tactics which attack the other candidate, rather than focus on the American people's demand for change. At the debate held at the University of Texas, for example, Senator Clinton attacked Senator Obama by using the phrase, "Change you can xerox." One has to wonder whether this phrase was penned by the candidate, the candidate's spouse, or a speechwriter?

Furthermore, while attacking Senator Obama, Senator Clinton said to him, "Barack, when you ..." In a televised debate format in front of the American people, is this manner of addressing the Senator from Illinois appropriate, much less statesmanlike?

One has to wonder whether Senator Clinton's attitude and words toward Senator Obama simply reflects a desperate tone as the large Texas and Ohio primaries are approaching, or perhaps indicates an inability or intolerance of the presence of Senator Obama running for President, and his successful momentum at coming closer to becoming the Democratric nominee.

One also has to question whether Senator Clinton's campaign's tactics leading up to the South Carolina primary reflected an "entitlement" mentality, one in which Senator Clinton and former president Bill Clinton thought that African Americans were somehow "beholden" to them and therefore "owed" them their votes. President Clinton was a great president, statesman, and leader; the history books will indicate that. But for the Clintons or Senator Clinton's campaign to take the African American voters' votes for granted, and be presumptious about how African Americans "should" vote, was a mistake, and the primary results proved that.

Former Congressman Norman Mineta, highly respected for his integrity and non-partisanship and the first Asian American to serve as a Cabinet Secretary (Commerce Secretary for Clinton, Transportation Secretary for Bush until he resigned), this month endorsed Senator Obama for President. Mineta stated, "My parents came to this country because they knew that it was a place where individuals could pursue their own dreams and chart their own future. And like Barack Obama, I grew up in a home where we were taught that we have an obligation to leave the world a better place for our children and our grandchildren, and for the eternity of future generations."

Transcending lines of race and gender is a good thing and marks a new era in American politics, and Senator Obama's candidacy demonstrates this. For the media and political pundits to ignore Asian Americans, however, is unfortunate. Are Asian Americans in 2008 still deemed as "invisible"?

The American people respect Senator Obama. That's why we refer to him or address him as "Senator Obama." After that, we'll address him as, "President Obama."

-Anh Le

CCSF Dedicates New Mission Campus

Speaker of the House of Representatives Nancy Pelosi helped City College of San Francisco celebrate the Feb. 20 grand opening of its new Mission Campus located at 1125 Valencia St., in the heart of San Francisco's Mission District.

San Francisco Mayor Gavin Newsom also heralded the first New City College campus constructed from bond funds approved by San Francisco voters in 1995, 2001 and 2005.

"The students at City College of San Francisco are our nation's next generation of leaders, and they deserve the best educational facilities so they can continue to succeed," said Pelosi.

Construction of the $75.6 million campus was financed by Proposition A Educational Facilities Improvement Bonds including a State contribution of $30 million. The Campus had its groundbreaking in September 2005, and classes were relocated to 375 Alabama Street during construction. It now consists of two buildings, one totally renovated, the other brand new. The building project preserved many of the features of the 1935 and 1938 "art nouveau" era which influenced the design of the Gompers School facility.

A Child Development Center, Multi-Purpose rooms, Student Services area, Parent Center, Bookstore and Caf?, Graphic Community labs, Science, Language, and computer labs as well as traditional classrooms, a multi-media classroom, a Faculty work room and lounge, state-of-the-art library, and a 300-seat auditorium are among the main project features of the new campus.

"City College of San Francisco is one of our city's crown jewels," said Mayor Newsom. "The residents of the Mission, the community, and the thousands of students that attend City College each year stand to benefit greatly from the addition of this new and technologically advanced campus."

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Mar. 1: Use underglazes to decorate unique ceramic tiles.

*Mar. 8: Recycle old newspapers and fliers into beautiful handmade paper.

*Mar. 15: Turn 2-D to 3-D: Fold, assemble, and decorate your very own origami box.

*Mar. 22: Learn about the fascinating habits of owls through owl pellet dissection.

*Mar. 29: Bring your own photo or use magazines to make a pop-up book.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

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San Francisco Leads by Example with Universal Health Care

by Mayor Gavin Newsom

As Mayor of San Francisco, I am committed to the health and well-being of San Francisco residents and of our communities. Last year, under my direction, the San Francisco Department of Public Health launched the Healthy San Francisco program (HSF). Over 11,000 residents are currently participating in the program.

HSF is an innovative program designed to make health care services accessible and affordable to uninsured adult San Francisco residents. The program will help the estimated 73,000 uninsured adults who lack access to a regular doctor who can provide routine primary care and preventive services. San Francisco residents are eligible for HSF irrespective of employment status, immigration status or the existence of pre-existing medical conditions.

HSF provides universal access to care and changes how we provide care to uninsured persons. While HSF is not insurance, it does provide program participants with comprehensive services.

Under HSF, uninsured residents will have access to the following services: primary care, preventive services, specialty care, pharmacy, mental health and substance abuse services, laboratory services access to medical equipment, hospital services, urgent care and emergency care. HSF participants receive services from a medical home that they choose. The medical home will provide primary care and preventive services. In addition, the primary care medical home will help coordinate a participant's access to specialty services, hospital services, pharmacy, etc.

I am pleased to announce that HSF has a network of 22 primary care medical homes at 27 different sites. The medical homes include both public and private, non-profit clinics in a valuable partnership. For a list of all the participant clinics, go to: http://www.healthysanfrancisco.org/participants/accessing_services/your_medical_home.aspx Participants can select the medical home that is most appropriate for their needs. Because of San Francisco's diversity, the primary care medical homes offer appropriate cultural and linguistic environments for participants seeking medical care.

Specialty, inpatient, laboratory and pharmacy services are provided at San Francisco General Hospital. Mental health and substance abuse services are provided by the San Francisco Department of Public Health's Community Behavioral Health Services division.

To help uninsured residents enroll in HSF, the program uses on common application form at all of the 27 different primary care medical homes. This electronic enrollment process is web-based and will make it easier for residents to enroll in the program. Once every twelve months, participants re-certify their eligibility to remain in the program.

The program has several new features that will make it easier for participants to receive good customer service. All participants receive a HSF identification card. The card let's participants know that they are enrolled in the program and also includes the participant's medical home and address. Participants use their HSF identification card when they go to obtain services from their doctor or clinic. Participants also receive a HSF handbook after they are enrolled in the program. The HSF handbook is easy to understand and use, and provides participants with helpful information on the services provided under HSF. In addition, HSF has its own customer services call center. The call center responds to any questions or concerns that HSF participants have.

Under Healthy San Francisco, participants pay a fee to be in the program and when they access services. But, the fee structure takes into account a families' income and the number of people in the family. For example, individuals with incomes below 100 percent of the federal poverty level pay no fees. The same is true for persons who are homeless and those receiving General Assistance. We have made HSF affordable.

Currently, any uninsured resident with income at or below 300 percent of the federal poverty level (approximately $31,000 for one person and $63,000 for a family of four) and who meets all of the other eligibility requirements is eligible to enroll in Healthy San Francisco. The public can obtain information on applying for the program by calling the City's 3-1-1 system or by visiting the program's website at www.healthysanfrancisco.org.

San Francisco is doing what state and federal leaders have failed to do – implement comprehensive health care reform. The fact that over 11,000 residents have been enrolled into HSF since the program began in July 2007 shows that San Francisco continues to lead the nation in health care reform. It shows that we made the right decision for our residents. My commitment to expanding health access is unwavering. I know that San Francisco residents applaud our efforts in this critical area.

State PUC Implements and Expands Renewable Energy Bill

by State Senator Leland Yee

Earlier this month, Assembly Bill 1969, a renewable energy bill which I authored as a member of the State Assembly in 2006, was unanimously voted on and implemented into law by the California Public Utilities Commission (PUC). This law will significantly increase the production of the state's renewable energy and improve the environment through a reduction in greenhouse gases.

In 2006, Governor Arnold Schwarzenegger signed AB 1969 to allow water and wastewater agencies to sell environmentally-friendly energy, such as small hydro, solar, and biogas, produced by their treatment and delivery facilities to electrical companies, resulting in up to 250 new megawatts of energy into the state's grid.

The PUC approved full implementation of the bill and also created a companion program which will expand the opportunity to produce renewable energy to all businesses and customers in California. In essence, this increases the amount of potential energy to the state's grid to nearly 500 new megawatts, or enough energy to power approximately 500,000 San Francisco Bay Area homes.

I am thrilled to see AB 1969 being expanded and offered to a broader audience of customers. AB 1969 will significantly help the state meet our renewable energy goals and improve the environment through a reduction in greenhouse gases.

Prior to AB 1969, hydroelectric energy was unable to be captured at small and medium sized water agencies simply because existing programs didn't allow them the opportunity to sell that resource. AB 1969 removed obstacles to such production and encouraged the full potential of renewable energy generation by the state's water and wastewater agencies.

Specifically, AB 1969 required electrical corporations, such as PG&E, to create standard contracts, or "feed-in tariffs," for the purchase of qualifying renewable energy from public water and wastewater agencies. The law provides new renewable energy generation resources that otherwise would not have been developed; helps electrical companies meet their Renewable Portfolio Standard (RPS) goals and resource adequacy requirements (twenty percent by 2010); improves the environment through a reduction in greenhouse gases; offsets rising energy demand; and decreases water treatment and delivery costs.

California has a promising opportunity to increase energy production while also helping our environment. As the demand for water and energy grows, it is imperative that all businesses be able to offset their increased needs through the sale of energy being generated at their plants and buildings, which will also result in significant savings for residents.

The rising cost of energy directly impacts consumers, both for their own energy consumption and for their water and wastewater service. The production, conveyance, treatment and transportation of water and wastewater accounts for nearly twenty percent of the state's overall electricity consumption.

Electricity demand by water and wastewater agencies is also growing in California as treatment requirements increase and agencies turn to more energy intensive sources such as desalination and recycling. As such, it is vital that we seek out new means of expanding our energy supplies in an environmentally-conscious manner.

I thank the PUC for taking this step towards energy independence and a cleaner environment, and look forward to working with them to find similar policy solutions in the future.

Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com .

Visitacion Valley Schools Need Your Help

This week you could assist a teacher, tutor a student or help cultivate a school garden. Teachers throughout Visitacion Valley and the Excelsior at schools like Monroe Elementary, Excelsior Middle School and Balboa High School want your help.

Join San Francisco School Volunteers, a non-profit organization that for 44 years has been recruiting, supporting and engaging a community of volunteers to help public school students achieve their full potential. This school year, School Volunteers has already placed more than 700 volunteers in schools. However, there are 176 more teachers still waiting for a volunteer to help their students.

Volunteers in schools make a difference. According to a May 2007 survey, 96 percent of the teacher that responded said that as a result of volunteers' service, students not only improved their academic skills but increased their self-esteem and motivation to learn.

To sign up, please call Jessica Pullano at (415) 749-3700 x3034 or go to www.sfsv.org

Unveiling the Truth Behind the Cadaver Exhibits

by Assemblywoman Fiona Ma, CPA-Majority Whip

When I was a Supervisor, the dead body exhibit "Universe Within" came to San Francisco displaying plastinated bodies that were mutilated and cut-up to reveal muscle tissue, organs and other body parts. Many were intrigued by these exhibits for their educational purpose. But I knew something was wrong after noticing that the bodies on display were all "unclaimed bodies" from China and some were leaking.

With my constituents' support, I authored and passed an ordinance to prohibit the display of human bodies or remains without the informed consent of the deceased or next-of-kin for commercial purposes. After being in the Assembly for a year, another exhibit, "Bodies Revealed" came to Sacramento, and I immediately authored legislation, AB 1519, to prohibit their display in California unless an exhibitor could provide informed consent.

"Bodies Revealed" is a copycat of the Gunther Von Hagens exhibit called "Body Worlds," which was recently in San Jose. The major difference between the two is that Von Hagens' exhibits do not use bodies from China and that Von Hagens is capable of providing proof of consent from the bodies on display.

Recently, ABC's 20/20 aired a shocking investigative report, revealing an underground black market for unclaimed bodies including executed prisoners from China. The three month investigation also discovered that the bodies from "Bodies Revealed" were coming from a private plastination lab and not from the University like "Bodies Revealed" claims.

I know few people in China would voluntarily donate their organs or bodies due to the strong cultural and traditional preference of leaving their body intact for burial after death.

This 20/20 report provides us with even stronger evidence for why California needs my legislation to find out who these people really are. We must continue to protect human rights and support our culture of respecting the dead.

Ingleside Police Contact Info
Emergency: 911
Non-emergency: (415) 553-0123
Ingleside Police Station, #1 Sergeant John V. Young Lane, San Francisco, CA 94112
Front Desk: (415) 404-4000
Fax: (415) 404-4008
Permits: Officer Kalhy Pubill (415) 404-4023
Anonymous Tip Line: (415) 587-8984
Commanding Officer:
Captain Denis O'Leary
Desk: (415) 404-4030
Fax: (415) 404-4034
Email: Denis.O'Leary@sfgov.org
To receive a copy of the Ingleside Station newsletter, please send an email to: IngiesideSlationNewsletter-subscribe @yahoogroups.com

I also want to take a moment to let you know about two very important money saving opportunities with approaching deadlines – the Earned Income Tax Credit (EITC) and Cal Grants

You may be eligible to receive thousands of dollars back from the federal government. Every year millions of dollars go unclaimed by individuals and families that don't apply for the EITC.

EITC is a benefit for working people and families who earn low or moderate incomes. There are certain requirements to be eligible, for more information please visit www.irs.gov/eitc.

Applying for the EITC is simple – just file your tax return. Write "EIC" in the space allocated on the 1040 or 1040A form and the IRS will figure out your return for you. If you have qualifying children, attach the Schedule EIC to your form.

If you need assistance with your tax return please contact ACORN for free tax preparation assistance at 415-587-9080.

Another great money saving opportunity are Cal Grants provide thousands of students with free money for college. The March 2nd deadline to apply for Cal Grants is quickly approaching and I want to encourage all high school seniors and recent graduates to apply.

I know that paying for college is a big financial investment. Cal Grant may help ease the financial burden of college tuition.

To apply for a Cal Grant, eligible graduating seniors and recent graduates must submit the FAFSA (Free Application for Student Aid) and the GPA Verification Form by March 2nd. These forms can be found online on the California Student Aid Commission website at www.csac.ca.gov. You can also call toll free, 888 CA-GRANT (888-224-7268) for more information.

Applying for Cal Grants does not take a lot of time and is easy. Please don't miss out on this great opportunity!

And of course, for further assistance regarding Cal Grants or the EITC you can contact my office at 415-557-2312.

Top Essay Among Contest Winners

Monicia Lou Ravelo (second from left), a 6th grader at Visitacion Valley Middle School received the top prize among award winners at the Valley Beacon Center from a recent media essay contest sponsored by Project Rebound of San Francisco State University.

Alternative Plan Adopted for Proposed Central Subway Route to Chinatown

Mayor Gavin Newsom was joined by San Francisco Municipal Transit Agency Director/CEO Nathaniel P. Ford on Feb. 19 to unveil the Locally Preferred Alternative (LPA) for the Central Subway, Phase 2 of the Third Street Light Rail Project. The LPA is the actual route alignment the T-Third Line will follow when it is extended from 4th and King to Chinatown. The San Francisco Municipal Transportation Agency (SFMTA) Board of Directors unanimously voted later this afternoon to adopt the route alignment.

"The impressive progress of the Central Subway Project stems from the strong community support for the project from the southeast sector of the City to Chinatown," said Mayor Newsom. "This project is vital to connecting The City's civic, business and cultural centers with the diverse communities along the corridor."

The Central Subway Project is Phase 2 of the Third Street Light Rail Project that will link Little Hollywood and Visitacion Valley with Union Square and China-town. Once complete, the project will improve service reliability and travel times, enhance transit connections, and provide economic opportunities and access to jobs for local residents. The project is supported by a financial plan that includes significant contributions at the federal, state and local levels.

Based on extensive public outreach beginning in June 2005, the SFMTA adopted a 1.7-mile Fourth/Stockton alignment with three subway stations as the LPA. Subsequently, after additional public input, a modified LPA option was developed that adds a surface station at Fourth and Brannan streets and extends the tunnels to North Beach.

"The project has received tremendous financial commitment and support at the federal, state, and local levels because it will serve a large number of transit customers in a highly congested corridor," said Ford. "The Central Subway project will provide convenient subway service to jobs, medical care, educational opportunities and entertainment for residents and visitors from Visitacion Valley to Chinatown."

A key milestone in the Draft Supplemental Environmental Impact Statement/Environmental Impact Report (Draft SEIS/SEIR) process, the adoption of the LPA comes after months of review and public comment, which began when the Draft SEIS/SEIR was released for public review on Oct. 17, 2007. The LPA was selected from three alternatives evaluated in the Draft SEIS/SEIR.

The projected number of future daily boardings for the T-Third Line, including the Central Subway, is 78,000. The Central Subway segment will reduce travel time between the Caltrain station at Fourth Street and King Street to Chinatown from 20 minutes to 7 minutes. It will serve regional transit connections, major tourist destinations, convention facilities and the large number of residents in the corridor who do not have cars.

The Central Subway has been favorably evaluated by the Federal Transportation Administration (FTA) as a "New Starts" project and is receiving federal funding from Congress. The Central Subway received a medium-high to high rating in the latest round of FTA evaluations announced earlier this month.

What's Cooking for Chinese New Year?

ESL students at Visitacion Valley Community Center recently wrote about foods they like to eat for Chinese New Year. Here are a few of their stories and recipies:

*Ruiping He: "I like to eat Chinese Cake on Chinese New Year because it's good luck! Usually, on New Year's Eve, I make Chinese cake. It's easy to make. I mix one cup flour, one cup sugar, one cup water, one teaspoon baking powder, and two teaspoons baking soda together, pour the mixture in the pans and then steam 45 minutes. Okay! I like to eat it! It's good luck!!"

*Harry and Xuan: "I like to eat chicken at New Year's because it's good food. Put one chicken in the boiling water. Then, after almost 25 minutes, put the chicken on the table and cut the chicken into a big dish. Mix some soy oil, ginger, green onions, and peanut oil into the bowl. This is good-tasting chicken. Almost all people like to eat this food."

*Ming and Yuki: "I like to eat steamed fresh fish on Chinese New Year because it's good food. I put a fish on the plate and then sprinkle some salt, some ginger, pepper, and green onions. At lasl I steam it 10 minutes. Okay! I like to eat it; it's very delicious!"

*Tim: I like to eat fried dumplings and Year's cake on New Year's because they are traditional foods in my country. They also taste good. Fried dumpling and Year's cake are not easy to make. I don't now how to make them. My mother makes them."

Teen Photo Club At Portola Library

Teens from 13-18 wanting to learn the ins and outs of digital photography are invited to participate in this first meeting at the Portola Branch Library, 2450 San Bruno Ave. (at Silliman).

The Click will start things off on Tuesday Mar. 11 from 4 to 5 p.m. with a wild photo scavenger hunt. Please contact the Portola Branch at (415) 355-5660 to reserve your spot.

Network for Elders Sponsoring Mardi Gras Zydeco Dance

by Anh Le

The Network for Elders is sponsoring its Sixth Annual Mardi Gras Zydeco Dance to be held on Saturday, Mar. 1, from 7 to 11 p.m. The event will be held at the Alex Pitcher Room, at the Southeast City College Campus, 1800 Oakdale Ave.

Andre Thierry and his "Zydeco Magic" will play Louisiana Zydeco and Cajun music. Down home Louisiana food will be available for purchase, including red beans and rice, gumbo, hot links and rum cake.

The high point of the evening will be the crowning of the 2008 Mardi Gras King and Queen. Following the crowning of the new King and Queen, the audience will be invited to participate in a "second line" dance in their honor.

Proceeds from this event will benefit Network for Elders, a nonprofit agency located in Bayview - Hunters Point and providing in-home support, education and referrals for seniors and adults with disabilities in the Bayview and neighboring communities. The Network offers a variety of services including case management, home care, volunteer services and Seniors in Motion, a wellness program focused on creating healthy lifestyles, especially increased physical activity through free exercise classes and line dancing classes.

Tickets for the Zydeco Dance are $15 in advance and $20 at the door. To order tickets call the Network at (415) 647-5353 ext. 16.

Join your friends and have some fun. Enjoy great food and drink and dance the two-step with us on Mar. 1.

Information, Assistance, and Referral for Seniors and Adults with Disabilities are available at the following Resource Centers operated by Network for Elders: Visitacion Valley / Excelsior / Portola (415) 330-1789; Bayview / Hunters Point (415) 401-7200; OMI / Francis Wood / Miraloma Park (415) 587-7500.

2008 Zydeco Dance Committee: standing (l-r) Betty Williams, Geri Pitcher, Ann Thierry, Melanie Grossman, Evelyn Nero, Bettye Garner, Jerlene Rodriguez, Seated: Beverly Taylor and Essie Reed

Tips To Squeeze in Breakfast on the Go

You can find a nutritious solution to squeezing in breakfast: Instead of skipping the morning meal or grabbing a quick hit at the fast food joint, copy a lunchtime move and "brown bag" breakfast.

"Spending a few minutes packing a healthy breakfast will set the tone for the day and help avoid poor food choices later," said nutrition consultant Elizabeth Ward, M.S., RD and author of *The Pocket Idiot's Guide to the New Food Pyramids*.

Plus, the health benefits associated with daily breakfast consumption are plentiful. Eating a healthy breakfast every day may increase daily dietary fiber intake significantly, aid in weight management and contribute to increased attention and performance at work and school. Breakfast also serves up an opportunity for good nutrition, which is beneficial considering less than 11 percent of Americans are meeting the current USDA daily guidelines for fruit and vegetable consumption.

Ward offers these suggestions for a nutritious brown bag breakfast:

*Stock the fridge. Keep healthful single-serving items on hand, such as low-fat string cheese, yogurt, instant oatmeal and cartons of 100 percent juice.

*Cover the food pyramid. For balance, fill your brown bag with choices from three of the five food groups (grains, vegetables, fruits, milk and meat/beans).

*Choose carefully. Read labels on breakfast and energy bars. Many are very high in sugar and not as healthful as they appear. For your morning OJ, make sure it is 100 percent fruit juice instead of fruit "drinks," which may contain very little fruit juice and lots of added sugar.

*Stay on your own schedule. Not hungry early in the morning? Remember you don't have to eat your brown bag breakfast right when you get to work. A healthy meal fuels the mind and body so just squeeze it in before lunchtime.

*Be creative. If the typical morning fare doesn't tempt you, opt for healthy nontraditional breakfast foods. Take some leftovers or grab a whole wheat dinner roll and add peanut butter.

For more breakfast tips from Elizabeth Ward, visit www.Florida juice.com/BreakfastHabit. NAPS

McLaren Park News and Notes

by Betty Parshall

Earth Day in April

Earth Day returns to McLaren Park for the second time on Sunday, April 20. Sponsored by Nature in the City, the event is free and provides a great variety of activities, displays and entertainment. A few of last year's choices included a butterfly walk, a history walk, visits with reptiles and special games for the children, many booths providing information about the environment and its care, a restoration planting project, and continuous music at the Jerry Garcia Amphitheater.

There is truly something, and more than one thing, for everyone to enjoy, so mark your calendar now and plan to be there.

Yosemite Marsh Renovation

Yosemite Marsh is on the north side of McLaren Park at the corner of Burrows and Harvard streets. At one time the entire area bounded by Harvard was marshland, but some of the marsh was lost with the installation of a basketball half-court, the restroom, and a few small tables and seats. The marsh is fed by groundwater, overland flow (rain), and during summer months it receives supplemental water from the irrigation system. Erosion from the gully above the marsh has long a problem; it causes sedimentation in the marsh, which requires ongoing dredging. Sedimentation also irreparably damaged the wood bridge at the base of the gully.

In addition, excess water in heavy winters has overflowed the marsh area and crossed the street to flood basements of the homes on Harvard.

The renovation project now underway includes erosion control at the gully head cut and slopes, trail rehabilitation, removal of invasive vegetation, sediment dredging, enlargement of the existing marsh, and the construction of an observation platform. We can all look forward to once again visiting this peaceful spot which occasionally also hosts a great blue heron or a snowy egret. We also hope that the redwing blackbirds will return once the construction is completed.

According to the Rec & Park Capitol Improvements web site, the job should be completed in March, although the heavy rains may have set the job back a bit.

Neighbors Meet the Artists

Artists Peter Richards and Susan Schwartzenberg met with residents of the neighborhoods surrounding McLaren Park to discuss details, answer questions, and listen to suggestions about their winning "Philosopher's Walk" art installation. There were about 26 people and three dogs present.

Supervisor Gerardo Sandoval, who lives near the park, spoke about the funding for the project, paid for in part by funds from the hotel tax, and says he looks forward its completion.

Peter Richards showed pictures of some of his work, which includes the Wave Organ at the Marina and the Healing Garden at San Francisco General Hospital. Sue Richards then presented pictures of some of her work, which includes the Rosie the Riveter memorial in Richmond, California, and work on Bayboards that have been installed along various roads in the Bay Area that depict a "then" view of the vista before you. As she said, and we all know, few if any San Francisco tourist guide books mention Visitacion Valley, the Portola, or the Excelsior district. She is an artist who uses multiple sources to visually represent the merging of history and personal memory and experience, and neighborhood history can be honored on some of the markers on park trails.

Peter Richards then described his first walk through the park, alone, and how he came across a man on the hill who was deeply engrossed in chanting. He found the sight and sound very intense and deeply moving and then was reminded of a "philosopher's walk' in Kyoto, Japan. Research revealed that there are several such walks around the world and it seemed most appropriate to apply the idea to McLaren Park trails with its varied terrain and wonderful views.

The question and answer period provided many suggestions and more information. For example, benches for the walker to sit at various points may be constructed from curbstone stock which the city has built up from construction projects where existing sidewalk was replaced.

Attention will be given to graffiti-resistant materials. An effort to engage young people in some of the project's planning may also act as a deterrent to graffiti. However, Peter said that graffiti may occur and will have to be scrubbed away as it is on other art installations in the city.

We were shown examples of graphics on granite tile and images on stainless steel, and these materials are extremely durable and graffiti-resistant. While some suggestions for historic philosophers' quotations were made, others urged quotations of residents would be more appropriate.

Next steps? The artists suggested having a walk or two with residents with the objective of getting better acquainted with park users such as the groups using the tennis court area for Asian exercise, dog walkers, bird watchers and so on. This would be followed by another community meeting where the artists have can present their developed plans incorporating the neighborhoods' input. All agreed that the meeting had been enjoyable and productive. Hope, Cocoa and Andy agreed as they were finally able to stretch, wag their tails, greet one another and receive a well-earned treat for good behavior.

Old Travelodge Site Tour Touts New Village in Making

by Betty Parshall

About a dozen residents of Visitacion Valley and nearby neighborhoods joined developer Joe Imbelloni and landscape architect Vincent Laptantio on Feb. 9 for a tour of the Travelodge project at the hilltop location of Bayshore Boulevard and Hester Avenue.

The tour was a main agenda item of the Visitacion Valley Planning Alliance's regular monthly meeting . (Why did only women come to this event?)

After browsing through one duplex nearing completion, the group in attendance was given a presentation of the proposed landscaping before taking a walk around the development.

Residents living adjacent to the former Travelodge site at Bayshore Boulevard and Hester Avenue took a recent tour of the new housing.

Homes in the new complex are built as duplexes, each with two floors of living space. Each home glowed with natural light from skylights and windows during a lovely, sunny morning.

No prices were available for any of the units due to the current uncertainty of the housing market.

We're happy to report that palm trees retained on the property are doing well; they look a bit scraggly but new fronds are bushing out. Additional palms will be planted. Fruitless olive trees (darn, it would have been fun to install an olive press) and a wide variety of shrubs and flowering plants are also included in the plans. Bougainvillea will be planted along much of the perimeter; it is hardy, beautiful in bloom, and a great deterrent to mischief-makers with its nasty thorns. Native plants will be utilized and there will be a variety of trees planted in front of the homes to promote a pleasant and friendly ambience.

A lease for the existing coffee shop and restaurant runs until Aug. 1, 2009, after which both buildings are scheduled for demolition to make way for construction of a 56-unit apartment building.

A question was asked if the duplexes are ADA compliant, a good question since each has two living-space stories, and the top duplex has three staircases. The answer is no, but the apartment complex will be fully ADA compliant.

While panoramas of the bay and the city were spectacular, it is clear that some views will be lost for those eventually occupying inner buildings on the site once the entire project is built. However, it is hoped that a pleasantly wide street with trees, shrubs and flowers will create an ambience of a village where residents as well as visitors will feel they are in a relaxed and friendly environment. Oh, if only the coffee shop could be their neighborhood gathering place!

Academy of Engineering Program at Burton High School

Burton High School has been taking part in a pilot Academy of Engineering program, one of only 13 in the nation developed by the National Academy Foundation, where students have been studying engineering with a core group of teachers.

In late February, the school celebrated Engineers Week 2008 in preparation to introduce a full academy next fall.

This year's students demonstrated their building skills by constructing towers from dry spaghetti. They also exhibited previous semester projects, which included cars built out of not much more than the elements of a standard mousetrap.

Students Help with Taxes

Meanwhile, students in Burton's Academy of Finance will once again be preparing tax returns for low-income city residents on Mondays and Wednesdays from 4 to 7 p.m. and Saturday, Mar. 8 from 10 a.m. to 3 p.m. Burton High School is located at 400 Mansell St..

Last year, students certified by the IRS completed 62 returns and saved clients approximately $78,000 total through tax credits available to low-income taxpayers. This year, students hope to double their number of clients.

Burton's Academy of Finance is part of the National Academy Foundation, in which students study throughout their high school years with a core group of teachers in finance, tourism, or information technology; next year the Foundation is also piloting an engineering program at Burton High.

Safety Network Hosting Leadership Awards

The Safety Network would like to acknowledge and honor the efforts of a particular individual or group to be Visitacion Valley's Community Leadership Awards receipent at the annual ceremony on Wednesday, Apr. 2 at 6 p.m. at the State Building Auditorium, 455 Golden Gate Ave..

The 11 community-based organizations that make up the Safety Network Partnership believe that feeling safe is a right and not a privilege. The Police Department, City departments and public officials cannot make communities safe on their own.

It is only with the commitment of dedicated, organized residents working together that public safety can be improved for everyone.

To find out more about the Awards or take a moment to nominate someone you feel has been working towards a safer San Francisco, contact Kevin Blackwell, (415) 368-1949 or email kevin@safetynetwork.org.

News from Visitacion Valley Middle School

*New Computers: Visitacion Valley Middle School (VVMS) recently received 30 brand new voucher grant computers from the S.F. Unified School District, now up, running amd being used by students, faculty and staff.

*New Library Carpet: Workmen recently removed a 12-year-old carpet from the VVMS library and replaced it with a new wall-to-wall covering.

*Chess Tournament: Under the leadership of Chess Club directors Mr. LaViolette, Mr. Anderson and Mr. Madayag, more than 25 VVMS students took place recently in their first annual Student Chess Tournament, battling it out at lunch everyday.

*Wellness Grant: Thanks to the hard work of Mr. Chuck Waters and Ms. Kerri Berkowitz, VVMS's social worker and violence prevention counselor, a special three-year grant was obtained to get a new half-time nurse, an additional social worker and a part-time parent liaison, helpful positions adding to the wellness of the students and school.

Visitacion Valley History Project

Great Housing Opportunity

In 1926, the Visitacion Reis Tract Improvement Association published a booklet describing Visitacion Valley and its many amenities. Here are a few quotes from the booklet.

Visitacion Valley lies glowing, golden in the California summer sunshine, the most southerly suburb of San Francisco. Before the white man came the floor of the Valley was a lake-like bed of fertile soil. But now where the wild poppies grew are paved streets, fire hydrants, high tension wires, and beautiful bungalows, with all the modern adjuncts of our civilization to make life worth while and happy in the suburb of a great and growing city.

The Reis Tract merges into Visitacion Valley on the north with a sunny southern exposure on low lying, sloping hills, which makes it an ideal residential district. For there are modern, costly homes in the tract and more in building. (See Contractors & Builders Advertisements.)

The Reis Tract is noted for its wonderful transportation facilities. For Wilde Avenue, the principle paved street of the Reis Tract, intersects both San Bruno Avenue and Third Street at a point commonly called the Five Mile House. Here the people of the tract can have their choice of three cars of the Market Street Railway. Two cars run on Third Street and one on San Bruno Avenue.

Anniversary Dinner Party Success

From the Visitacion Guide, Vol. 4, No.15, April 14, 1954

The Vistacion Valley Community Center celebrated its 36th anniversary with a turkey dinner followed by dancing.

Over 240 members and guests attended and enjoyed the scintillating wit and humor intermingled with homage and esteem for Miss Florence Freidman, the Center's director for the past 36 years.

The Parents Assembly group who planned the dinner set the tables for 250, cooked the turkeys with all the trimmings and served the meal, is indicative of the neighborly, friendly atmosphere of the Valley. Mr. Henry Schindel acted as Master of Ceremonies, introducing speakers and guests.

Patronize our advertisers! Please, let the merchants know that you appreciate their cooperation. Sorry we could not get the paper out in time for Universal's big anniversary sale. Henry Schindel was the "Life-Saver!"

An Unsung Hero

From a booklet printed by St. James Presbyterian Church, celebrating Pioneer Day on April 16, 1953

Rev. R.B. Hummel was installed pastor of the church on September 28, 1913. And during his first few months here the flu epidemic hit Visitacion Valley very hard. Mr. Hummel would prepare hot soup and carry it by foot to many of the homes in the Valley, where people were so sick that they could not prepare their own meals. He joined the Woodmen of the World, and worked in the southern Pacific Yards. Only slowly did the men realize that he was the minister. He dreamed of a clubhouse for the men of the Valley, built by the church, but before it could materialize he had to move because of his wife's ill health.

EarthTalk

Impact of Littering

Dear EarthTalk: What is the impact of all the littering that individuals do, largely from their cars and on highways? What can I do to help clean it up? How can we trengthen laws to prevent it? -Won't litter in Norwalk, CT

Environmentalists consider litter a nasty side effect of our convenience-oriented disposable culture. Just to highlight the scope of the problem, California alone spends $28 million a year cleaning up and removing litter along its roadways. And once trash gets free, wind and weather move it from streets and highways to parks and waterways. One study found that 18 percent of litter ends up in rivers, streams and oceans.

Cigarette butts, snack wrappers and take-out food and beverage containers are the most commonly littered items. Cigarettes are one of the most insidious forms of litter: Each discarded butt takes 12 years to break down, all the while leaching toxic elements such as cadmium, lead and arsenic into soil and waterways.

The burden of litter cleanup usually falls to local governments or community groups. Some U.S. states, including Alabama, California, Florida, Nebraska, Oklahoma, Texas and Virginia, are taking strong measures to prevent litter through public education campaigns, and are spending millions of dollars yearly to clean up. British Columbia, Nova Scotia and Newfoundland also have strong anti-litter campaigns.

Keep America Beautiful (KAB), the group known for its "crying Indian" anti-litter TV ads of bygone days, has been organizing litter clean-ups across the U.S. since 1953. KAB has a strong track record of success in litter prevention, though it has been accused of doing the bidding of its industry founders and supporters (which include tobacco and beverage companies) by opposing many mandatory bottle and can recycling initiatives over the years and downplaying the issue of litter from cigarettes. Nonetheless, 2.8 million KAB volunteers picked up 200 million pounds of litter in KAB's annual Great American Clean-up last year.

A more grassroots-oriented litter prevention group is Auntie Litter, which started in 1990 in Alabama to help educate students there about the importance of a healthy and clean environment. Today the group works internationally to help students, teachers and parents eliminate litter in their communities.

In Canada, the nonprofit Pitch-In Canada (PIC), founded in the late-1960s by some hippies in British Columbia, has since evolved into a professionally run national organization with a tough anti-litter agenda. Last year 3.5 million Canadians volunteered in PIC's annual nationwide Cleanup Week.

Doing your part to keep litter to a minimum is easy, but it takes vigilance. For starters, never let trash escape from your car, and make sure household garbage bins are sealed tightly so animals can't get at the contents. Always remember to take your garbage with you upon leaving a park or other public space. And if you're still smoking, isn't saving the environment a compelling enough reason to finally quit? Also, if that stretch of roadway you drive everyday to work is a haven for litter, offer to clean it up and keep it clean. Many cities and towns welcome "Adopt-A-Mile" sponsors for particularly litter-prone streets and highways, and your employer might even want to get in on the act by paying you for your volunteer time.

Dear EarthTalk: My uncle worked for over a decade on the top floor of an office building with cell phone towers directly above him. He was recently diagnosed with cancer. Is there any scientific evidence of links between exposure to cell phone tower radiation and cancer? -Jennifer L., Wellesley, MA

No one doubts that cell phone towers give off low-level radio-frequency radiation (similar to the microwave oven in your home), but scientists are still debating the health effects of long-term exposure. Some people are genetically predisposed to certain types of cancers, while others are not (for example, some lifelong smokers get lung cancer while others don't). And with so many different chemicals, pollutants and other substances around us in our air, food and water, it is very difficult to determine with certainty if a particular environmental influence (such as a cell phone tower) is the culprit when health problems, such as cancer, arise in a particular locale or among certain populations.

But that hasn't stopped many communities from worrying about this issue and taking cautionary measures. In San Francisco, for instance, concerned individuals and neighborhood groups have formed the San Francisco Neighborhood Antenna-Free Union (SNAFU) for the purpose of preventing "the placement of wireless antennas on or near residences, schools, health care centers, day care centers, senior centers, playgrounds, places of worship, and other inappropriate locations."

SNAFU is worried that San Francisco is "already immersed in a sea of electromagnetic radiation" from, among other sources, some 2,500 licensed cell phone antennas at 530 locations around the city. The group is distributing petitions calling on local public officials to increase "restrictions on the number and location of cellular phone antennas and other wireless transmitters." Other controversies have erupted in communities in Connecticut and elsewhere over churches renting their rooftops and steeples to cell phone companies for placement of antennas. And parents in Ossining, New York waged an unsuccessful battle in 2000 to ban revenue-generating cell towers from school grounds.

Still, the American Cancer Society (ACS) does not seem concerned, stating that limited epidemiological evidence suggests no link between cancers and living or working near a cell phone tower. ACS says that the energy level of radio waves coming off cell towers is too low to cause any noticeable human health impacts, and that a person would have to stand right in front of an antenna to pick up even trace amounts of radiation. And unlike X-rays or gamma rays, radio-frequency electromagnetic radiation is "non-ionizing," meaning it lacks the gusto to break the bonds that hold molecules (like DNA) in cells together.

Still, cell phones and their towers are a fairly new technology, and very few studies of their health effects have yet been conducted. And the bulk of the research cited by the American Cancer Society has focused on direct and prolonged exposure to radio-frequency electromagnetic radiation in general, not on cell towers and their effects specifically. SNAFU reports that "no systematic attempt has been made to determine what current cumulative exposures to this radiation are.." Lingering public concerns about the issue surely means that more research on the topic is to come.

Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881, submit your question at: www.emagazine.com/earthtalk.html, or e-mail us at: earthtalk@emagazine.com.

Mayor Pledges Rainy Day Funds to Support Public Schools

Mayor Gavin Newsom on Feb. 8 announced his intention to use Rainy Day Reserve funds to support the San Francisco Unified School District (SFUSD) in the current fiscal year as a response to the Governor Arnold Schwarzenegger's deep cuts to education programs in order to offset the state's $14.5 billion budget deficit.

"We will not let our public schools suffer because of poor fiscal planning at the state level," said Mayor Newsom. "The City has a responsibility to support our students, teachers, and schools in their efforts to provide the highest quality education to our children."

On Jan. 10, the Governor proposed that the State Legislature suspend Proposition 98, the minimum funding guarantee for public schools, as well as cut $4.4 billion, or more than 9%, in education funds.

The Governor also proposed $400 million in education funding reductions in the current 2007-08 budget year. These cuts could potentially be a $40 million cut to San Francisco Unified School District, equivalent to approximately 10% of their total budget.

San Francisco has a Rainy Day Reserve (San Francisco Charter Sec 9.113.5) which has a provision that allows SFUSD to draw on these funds provided the Controller's Office "triggers" the provision and projects and certifies that there is a reduction in per-pupil revenues after inflation adjustments have been made and or if a significant number of layoff notices have been given by SFUSD. If this trigger is activated, Rainy Day funds can be appropriated at the discretion of the Board of Supervisors and the Mayor to offset the costs of maintaining education during the upcoming budget year.

Homebuyers Workshop At John King Center

Lennar Urban, in coordination with the San Francisco Redevelopment Agency and Wells Fargo Home Mortgage, is hosting a free community workshop to discuss homeownership opportunities for first-time homebuyers at the John King Senior Center, 500 Raymond Ave. on Wednesday, Mar. 5. from 6:30 to 8:30 p.m.

Seven Words Baby Boomers Don't Like

by Chuck Underwood

They came of age during perhaps the greatest time in American history to be a kid: the '50s, '60s, and '70s. As their generation was molding unique and lifelong core values, their nation was taking on its biggest problems and solving them. Finding cures to disease, confronting and erasing its own unfair prejudices, landing men on the moon.

Neighborhoods were safe, families were strong, jobs for Dad were secure, commercial radio and television were upbeat and clean-talking. Neighbors helped neighbors. As the opening sequence of the TV sitcom The Wonder Years accurately describes it, it was "a golden age for kids." And beyond their control, they are the generation that would enjoy the remarkably good fortune to arrive on the planet just then: the Baby Boomers.

When they passed through their formative years, anything seemed possible in this magnificent country called America. Norman Rockwell was illustrating, and idealizing, day-to-day American life in terms of two constant themes – love and hope – on the covers of Saturday Evening Post.

And it is that sense of love and hope, burned forever into their brains, that will keep Boomers a Forever-Young Generation. Oh, they know they'll "age" because aging is unavoidable, but they'll never "grow old." Boomers have decided growing old is an option, and they've pretty much decided against it.

They'll always be peeking around that next corner in life with excitement and anticipation and optimism. For Boomers, life is always about tomorrow.

With this generation, never say never.

And that explains why marketers who try to lure Boomers with their advertising messages now recognize the Seven Dirty Words to Never Link to Boomers:

1. *Senior Citizen*: A noble label for mom and dad, but not for Boomers.

2. *Retiree*: Boomers will never retire. This generation defines itself by its work, by its contribution. They might retire from career-number-one but promptly begin career-number-two, perhaps in volunteerism or starting their own business or going back to school to learn a new trade.

3. *Aging*: Oh my gosh, don't!!

4. *Golden Years*: Ditto!

5. *Silver Years*: Good rule of thumb? No references to any precious metals.

6. *Mature*: Never insult Boomers by calling them mature. Regardless the wrinkles on the outside, they will always be Mouseketeers on the inside.

7. *Prime Time*: To describe their future as the "prime time" of their lives is to discount their past. Boomers feel they've been in Prime Time every second of their lives, squeezing each day for all of its satisfactions.

This is the generation that has rewritten that good ol' "book of life" just about every day of their lives. They have done so many things so differently from the ways they had always been done before.

And for those other generations who had assumed – or at least hoped! – that those crazy Boomers would one day slow down, grow a bit more conservative, and go gently into their next passage?

Guess again.

Example: Boomer mothers are forming their own rock-and-roll bands around the country and scheduling Saturday night gigs around their mommy and career schedules. Among the names of their bands: from Detroit, The Mydols; from New York City, Housewives On Prozac; and only from our sisters out in wonderfully wacky California would we get a Boomer-mother band that chooses to call itself The Lactators.

Boomers will continue to rewrite that book of life, and at every future age marker they will drastically alter the consumer model, career model, and lifestyle model from what they have always been before. All because of the hope and love that surrounded the formative years that would mold them for life. Forever young.

Chuck Underwood, founder and president of generational consulting firm The Generational Imperative, is the author of the book The Generational Imperative Understanding Generational Differences In The Workplace, Marketplace, And Living Room. His company's website is www.genimperative.com.

Crossword Puzzle Solution

S	A	I	S	■	K	I	M	■	A	C	C	T
A	G	A	G	■	I	R	A	■	S	H	O	E
M	I	N	D	A	N	A	O	■	H	A	R	M
A	B	A	■	G	E	N	R	E	■	R	D	A
■	■	■	J	A	T	■	I	S	H	I	■	■
C	I	P	O	L	I	N	■	S	A	T	A	N
E	L	U	L	■	C	O	M	■	D	E	C	A
A	E	R	I	E	■	M	A	J	E	S	T	Y
■	■	C	E	L	T	■	R	A	S	■	■	■
H	R	H	■	F	A	L	L	S	■	I	A	O
Y	E	A	N	■	M	O	I	S	E	Y	E	V
E	A	S	E	■	I	B	N	■	L	A	R	A
T	R	E	E	■	L	E	E	■	A	R	I	L

Six Tips for Sleep

More restful sleep may be just a few simple suggestions away tonight.

According to a National Sleep Foundation survey, 60 percent of American women say they sleep poorly most nights. Fortunately, you don't have to take insomnia lying down. Here are hints that may help from Ladies' Home Journal magazine, celebrating its 125th anniversary this year:

*Exercise around 5-7 p.m.to reduce stress and induce tiredness.

*Start dimming the lights around 7 or 8 p.m., suggests Marcel Hungs, M.D., Ph.D., to get your body primed for sleep.

*Put a couple of drops of lavender oil on a handkerchief and tuck it into your pillow, suggests Cherie Perez, R.N.

*Drape a towel over your alarm clock to block out the glow.

*Soak in warm water to ease the transition to sound sleep. It relaxes tired muscles and triggers a shift in body temperature.

*Bask in morning sunshine to prompt your body to suppress production of melatonin—the sleep hormone—during the day and release it earlier in the evening.

For more award-winning health tips for women and families, check out Ladies' Home Journal on newsstands or visit www.lhj.com.

More tips for better sleeping can be found in the March issue of the magazine or at LHJ.com. NAPS

Book Review

Fun Facts and Oddities

Two new Ripley's Believe It or Not! books on two of America's favorite pastimes-baseball and amusement parks-are now available in time for summer enjoyment!

The release of *Ripley's Believe It or Not! Amusement Park Oddities & Trivia* and *Ripley's Believe It or Not! Baseball Oddities & Trivia* (Ripley Entertainment, each $10.88), marks the first time in its 79-year publishing history, that Ripley has dedicated entire books to these two popular activities.

Both however, are natural subjects for the company to feature. Robert Ripley not only loved baseball, but was a great player. In 1914, he made the New York Giants roster but in his first game, a hit ball struck him, fracturing his pitching arm, ending his professional sports career. But he continued to love the subject, as witnessed by the more than 2,000 baseball cartoons, facts and artifacts that can be found today in Ripley's extensive archives.

In addition to its publishing dynasty, Ripley's operates more than 60-attractions throughout the world in 11 countries, including 30 Believe It or Not! Odditoriums. With their knowledge and passion of the attractions industry, it was only time before "an uncanny journey through the weird, wacky and absolutely true world of parks, rides and attractions" would be written.

And what a journey it is! More than half the book is dedicated to the bizarre, colorful and entertaining worldwide universe of amusement parks and attractions. The other half features chapters on the Disney parks, Ferris wheels, roller coasters, carousels, entertainers and food! More than 100 different parks, zoos, aquariums, attractions, and countless rides are featured and a comprehensive index allows readers to quickly discover the oddities listed for their favorite park or ride.

Not falling into the category of the traditional ho-hum sports trivia book, the baseball volume is unique, enjoyable, accurate and edgy! With a bit of history, a bit of trivia and a whole lot of totally unbelievable and mind-boggling facts, this Believe It or Not! book is a first of its kind in sports publishing. It's an exciting ramble through the absolutely factual world of baseball players, coaches, owners, teams, stadiums and fans. NAPS

Each book contains more than 350 new Believe It or Not! facts and 50-plus original drawings, as well as several "Ripley Classics," cartoons drawn by Ripley himself in the 1920s and 1930s.

The whimsical illustrations of John Graziano, Ripley's official cartoonist are all original and author and researcher Tim O'Brien's tongue-in-cheek and somewhat irreverent writing style makes both of these books straightforward, entertaining and enjoyable reads for all ages. NAPS

March Classes at Garden for the Environment

Garden for the Environment (GFE) will offer the following classes in March on Saturdays at the half-acre organic demonstration garden in San Francisco on 7th Avenue at Lawton Street. Since its founding in 1990, the garden has operated as a demonstration site for small-scale urban ecological food production, organic gardening, compost education and low water-use landscaping.

To pre-register for classes, call (415) 731-5627 or email info@gardenforthe environment.org.

Since its founding in 1990, the garden has operated as a demonstration site for small-scale urban ecological food production, organic gardening, compost education and low water-use landscaping. Garden for the Environment is a project of the Haight Ashbury Neighborhood Council.

*Mar. 1: *Urban Composting* from 10 a.m. to 12 noon. Winter can be a great time to start a new compost pile or to jump start one that just isn't breaking down. Join in on a fun, hands-on workshop teaching basic methods of both backyard and worm composting. Compost is a rich soil amendment that will greatly benefit your garden plants, houseplants, and the environment, by diverting compostable material from the landfill. Learn how to turn those food scraps or fallen leaves into "gardeners black gold."

*Mar. 8: *Natural Pest Control* from 10 a.m. to 1 p.m. Got pests? The basics of Integrated Pest Management (IPM) will be covered in this workshop, focusing on least toxic organic controls to deal with landscape pests and diseases. Learn to create an ecosystem in your garden by planting to attract wildlife and a diversity of beneficial insects, which will help prevent pest problems.

*Mar. 15: *Organic Fruit Tree Care* from 10 a.m. to 12 noon. Join GFE and Orchard Keepers, organic tree care experts, for this extensive workshop covering organic fruit tree care for both young and mature fruit trees. In this two-hour workshop you will learn to encourage fruit from trees of all ages, starting with techniques for training and invigorating young trees for healthy, vigorous growth. You'll also learn re-establish annual fruit bearing cycles on older trees through restorative pruning. This hands-on workshop will cover apples, pears and plums (both Stone fruits and Pome fruits). Cost is $15; No one turned away for lack of funds.

*Mar. 22: *Bountiful Container* from 10 a.m. to 12 noon. Ideal for the organic urban gardener, learn what plants do best in containers. You'll be amazed at the beauty and bounty you can get from container gardening. Cost is $15; No one turned away for lack of funds.

Events in March at Valley Branch Library

Following are events in March at the Visitacion Valley Branch Library, 45 Leland Ave.:

*Mar. 4, 11, 18 and 25, Tuesday: *Mother Goose on the Loose* with stories songs and rhythms for for babies and toddlers at 11:30 a.m.

*Mar. 4, 11, 18 and 25, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Mar. 12, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

*Mar. 28, Tuesday: Puppet Art Theater Presents *Jack and the Beanstalk* at 1 p.m. for ages 5-7.

Cooking Corner

Lemon Fig Bread With Almond Streusel

1-1/2 cups (9 oz.) Blue Ribbon Orchard Choice or Sun-Maid California Figs, stemmed and chopped; 1 cup boiling water; 6 tablespoons unsalted butter, melted and cooled or vegetable oil; 1 large egg; 1 tablespoon finely grated lemon zest; 2 cups all-purpose flour; 1 cup granulated sugar; 1 teaspoon baking powder; 1/2 teaspoon baking soda; 1/2 teaspoon salt; 1/3 cup chopped, toasted almonds (optional).

Generously coat 9x5-inch loaf pan with nonstick spray. Adjust oven rack to middle position and preheat oven to 350°. Place figs in medium bowl.

Cover with boiling water; let sit 30 minutes. Drain figs, reserving liquid. Return liquid to bowl; whisk in melted butter, egg and lemon zest.

In separate large bowl, whisk together flour, sugar, baking powder, soda and salt.

Mix liquids into dry ingredients, stirring just until blended. Stir in figs and almonds. Scrape batter into prepared pan. Sprinkle streusel evenly over top.

Bake for 50 to 60 minutes, until pick inserted in center comes out with just a few crumbs attached. Cool 10 minutes in pan.

Run sharp knife around edge of pan and remove bread from pan to wire rack to cool completely.

Wrap airtight and store at room temperature or freeze. Makes 1 loaf (16 servings).

Almond Streusel: In small bowl, combine 1/3 cup chopped almonds, 1/3 cup all-purpose flour and 3 tablespoons packed brown sugar. Stir in 3 tablespoons melted unsalted butter. NAPS

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Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m.

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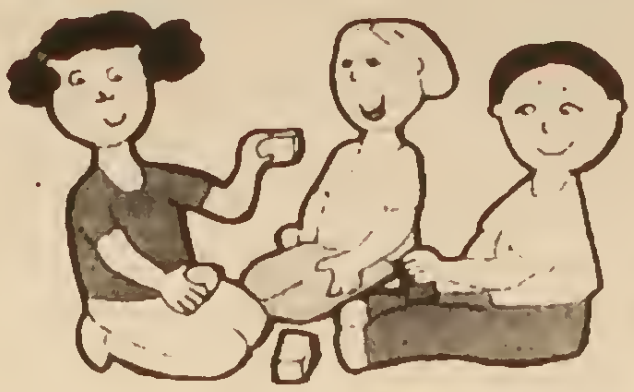

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Visitacion Valley Police Report

Police Cases

*On Jan. 22 at 9:45 a.m., an officer saw a motorist driving recklessly south on Highway 101. The driver failed to yield to the officer's red lights and siren. Officers from Ingleside Station helped stop the car near the San Mateo County line. The motorist, a 69 year-old Oakland man, was in diabetic shock and thought that he was still in Alameda County. SFFD medics took the man to San Francisco General Hospital.

*On Jan. 26 at 1 a.m. on the 400 block of Argonaut Ave., an officer and posse were sent to a residence on the call of domestic violence. The officer found the perpetrator dressing in the back yard of the home. A 49 year-old Visitacion Valley man was booked at Ingleside Station on two felony charges.

*On Jan. 27 at 3:20 p.m. at Santos St. and Brookdale Ave., A 19 year-old Visitacion Valley man was cited for driving for without ever having a license issued and had his car impounded.

*On Jan. 28 at 1:24 p.m. on the 1300 block of Sunnydale Ave., a police sergeant was on patrol when she heard shots being fired in the area. A search of the neighborhood revealed that a gunman had fired shots damaging two parked cars. Three suspects were detained nearby. No arrests were made.

*On Jan. 29 at 6:40 p.m. at Sunnydale Ave. and Santos St., an inspector of the Narcotics Detail stopped a reckless driver and saw a handgun inside the car. The driver, an 18 year-old Visitacion Valley man, was arrested for possessing a loaded handgun and for possessing narcotics.

*On Feb. 3 at 1:40 a.m., Ingleside Station officers responded to a call of shots fired in the Visitacion Valley neighborhood. Officers found two men shot to death on the 100 block of Loehr St. A medical examiner later identified 27-year-old Vaughn DeMarco and 29 year-old James Gibson, both of San Francisco, as the two victims found dead at the scene.

*On Feb. 18 at 6:55 p.m., officers responded to 2491 San Bruno Ave. regarding an attempted robbery. Officers met with a citizen who stated that she had been a victim of an attempted robbery. The citizen told officers that she had finished work at 2491 San Bruno at 6:50 p.m. and was walking with a coworker to her vehicle near Girard and Silliman. At the corner of Girard and Silliman, three unknown subjects attempted to take her purse from around her shoulder. The victim fought back and pulled on the purse strap. At the same time, the victim's coworker came to her aid and all three suspects gave up trying to take the purse and ran down the street. The victim then called the police. Officers arrived and attempted to locate any suspects and witnesses to no avail. The victim told officers that she and her coworker were not hurt during the incident.

Police Summaries

*Jan. 18: 8:40 a.m., Visilacion Ave. and Desmond St. a 45 year-old Visitacion Valley man was cited for driving with an expired drivers' license and his car was impounded..

*Jan. 18: 9:10 a.m., Unit block of Blythdale Ave., residential burglary occurred between 7:45 and 9 a.m.

*Jan. 18: 11:30 a.m., 100 block of Tioga Ave 2005 Ford van stolen.

*Jan. 19: 7 a.m., 100 block of Leland Ave. A 33 year-old Visitacion Valley man was arrested for domestic violence

*Jan. 19: 3:10 p.m., Unit block of Brookdale Ave A 23 year old Visitacion Valley man was arrested for domestic violence.

*Jan. 19: 10:30 p.m., 300 block of Teddy Ave., 2004 Toyota Camry stolen.

*Jan. 20: 8:30 p.m.; Raymond Ave. and Bayshore Blvd., officer stopped 48 year-old Bayview district man for drinking beer in public; resident was wanted on a local misdemeanor warrant and was booked at Ingleside Station.

*Jan. 20: Rutland St. and Arlela Ave., robbery, bodily force.

*Jan 20: Silver Ave and Dartmouth St., robbery on street, strongarm.

*Jan. 21: 8 a.m., Cora Street and Leland Ave., a 23 year old Portola district man was cited for driving with a suspended license and had his car impounded

*Jan. 21: 2:35 p.m., Brookdale Ave. and Santos Street Officer Needham stopped a car for a equipment violation and arrested the driver, a 40 year old Vallejo man, for a parole violation warrant.

*Jan. 21: 2:50 p.m., Sunnydale Ave. and Hahn St., Ingleside posse investigated shots fired

*Jan 21: San Bruno Ave. and Woolsey St., petty theft from locked auto.

*Jan. 21. San Bruno Ave. and Bacon St., grand theft from locked auto.

*Jan. 21: Bacon and Brussels Sts., robbery on street, strongarm.

*Jan. 21: Felton St. and San Bruno Ave., malicious mischief, graffiti

*Jan. 21. San Bruno Ave and Silliman St., burglary, forcible entry.

*Jan. 22: Bayshore Blvd. and Hester Ave., battery.

*Jan. 22: Wayland and Amhler Sts., stolen truck.

*Jan. 22: Bacon and Somerset Sts., robbery on street, strongarm.

*Jan. 23: 8:15 a.m., Unit block of Peabody St., stolen 1988 Mercury Tracer recovered

*Jan. 23: 8:30 a.m., 100 block of Elliot St., stolen 1992 Ford Mustang recovered

*Jan. 23: 11:40 a.m., Sunnydale Ave. and Rutland St., 26 year-old Visitacion Valley woman was cited for driving with a suspended license and had her car impounded.

*Jan. 23. San Bruno Ave near Mansell St., burglary of apartment house, forcible entry.

*Jan. 23: Hamilton St. near Burrows St., stolen automobile.

*Jan. 23: Felton St. and San Bruno Ave., grand theft from locked auto.

*Jan 24: Goettingen St. between Felton and Burrows Sts., stolen truck.

*Jan. 24: Leland Ave. at Cora St., grand theft from locked auto

*Jan. 25: 7 a.m., 200 block of Blythdale Ave., domestic violence

*Jan. 25: Blanken and Peninsula Aves., petty theft from locked auto.

*Jan. 25: University and Amhler Sts., stolen automobile.

*Jan. 25: Bacon and Goettingen Sts., robbery on street, strongarm.

*Jan. 25. Colby St. near Felton St., robbery on street with dangerous weapon.

*Jan. 25: San Bruno Ave. between Felton and Silliman Sts., battery.

*Jan. 26: Holyoke St. near Felton St., robbery, armed with gun.

*Jan. 27: Teddy and San Bruno Aves., stolen automobile.

*Jan. 27 3:50 p.m., 1800 block of Sunnydale Ave., stolen 1989 Toyota Supra recovered

*Jan 27 4:30 p.m., Wabash Ter., 1986 Toyota Camry stolen.

*Jan 27 7:45 a.m., 500 block of Argonaut Ave., residential burglary occurred between Jan 26 and 27.

*Jan. 27: Somerset and Woolsey Sts., robbery on street with gun

*Jan. 28: 8 p.m., 1100 block of Goettingen St., resident called the police to turn in a rifle.

*Jan. 28: 11:45 p.m., 600 block of Sunnydale Ave., 36 year-old Daly City man was arrested for criminal threats in a domestic dispute.

*Jan. 28: 12:15 a.m., 400 block of Wilde Ave., 48 year-old Portola District man was robbed at gunpoint as he entered his home.

*Jan. 28: 10 a.m., Gambier and Felton Sts., 2000 Ford Focus stolen.

*Jan 28: 2:05 p.m., 100 block of Garrison St., shots fired.

*Jan 29: 7:35 p.m., Unit block of Blythdale Ave., 28 year-old Visitacion Valley woman arrested for domestic violence.

*Jan. 29: 8:55 p.m., 1300 block of Brussels St., attempted residential burglary.

*Jan 29: 11 p.m., 100 block of Blythdale Ave., domestic violence.

*Jan. 31: 5:30 p.m., 1100 block of Sunnydale Ave., residential burglary, occurred between 7 a.m. and 5 p.m.

*Jan. 31: 8:30 p.m., Santos St. and Velasco Ave., 36 year-old SOMA District man and a 39 year-old Visitacion Valley woman were assaulted while on a Muni bus.

*Feb. 1: 1:40 a.m., 100 block of Loehr St., residential Burglary occurred between 8:30 am and 11 am.

*Feb. 1: 4:35 p.m., 500 block of Leland Ave., 52 year-old Visitacion Valley man arrested on local misdemeanor warrant.

*Feb 1: 200 block of Leland Ave., 1998 Acura 2.5 TL recovered

*Feb. 1: Unit block of Tucker Ave., 2004 BMW 325i stolen.

*Feb 1: Gambier St. near Felton St., malicious mischief, breaking windows with BB gun.

*Feb 2: 5 p.m., McLaren Park, 34 year-old Oakland man arrested, drivers' license violations, vehicle impounded.

*Feb. 2: 9:20 p.m., 5100 block of Mission St., 20 year-old Visitacion Valley man arrested for attempted robbery.

*Feb. 2: 200 block of Argonaut Ave., malicious mischief, vandalism.

*Feb. 2: Dartmouth St. near Silliman St., stolen automobile

*Feb. 2: San Bruno Ave. and Felton St., aggravated assault with gun.

*Feb. 3: 9:15 a.m., Blythdale Ave. and Santos St., two people, a 32 year-old Visitacion Valley man and his 22 year-old wife, arrested for robbery and possession of stolen property.

*Feb. 3: 6 p.m., Sunnydale Ave. and Sawyer St., 30 year-old Visitacion Valley man cited for drivers' licence violation, vehicle impounded

*Feb. 3: Blythdale Ave. at Hahn St., possession of marihuana for sales.

*Feb. 3: San Bruno Ave. between Burrows and Felton Sts., battery

*Feb. 4: 8:30 p.m., Sunnydale Ave. and Garrison St., 30 year-old Visitacion Valley woman cited for drivers' license violations, vehicle impounded

*Feb 4: 2500 block of San Bruno Ave., 1995 Chevrolet van recovered.

*Feb. 4: Silver Ave. and Girard St., stolen automobile.

*Feb. 4: Harvard and Silliman Sts., stolen automobile

*Feb. 4: San Bruno Ave. near Mansell St., grand theft from building

*Feb. 5: Argonaut and McCarthy Aves., possession of base/rock cocaine for sale.

*Feb. 7: Brookdale Ave. and Santos St., possession of base/rock cocaine for sale.

*Feb. 7: San Bruno Ave. and Felton St., grand theft from person.

*Feb 7: 5:25 p.m., 2000 block of Geneva Ave., 24 year-old Colma man cited for driving with a suspended license; vehicle impounded.

*Feb. 8: 2:45 p.m., 1000 block of Brussels St., 14 year-old Visitacion Valley teenager arrested for possessing stolen property taken in car burglary.

*Feb. 9: 6:15 p.m., 1700 block of Sunnydale Ave., auto burglary.

*Feb. 9: 8:10 p.m., Mansell St. and Visitacion Ave., 17 year-old Excelsior District juvenile cited for driving without ever having a license issued, vehicle impounded

*Feb 9: 300 block of Elliot St., recovered vehicle, 1989 Ford Mustang

*Feb. 9: Britton Court, recovered vehicle, 2006 Yamaha motorcycle.

*Feb 9: Blanken and Tocaloma Aves., stolen truck.

*Feb 10: Sunnydale Ave. and Desmond St., malicious mischief, graffiti.

*Feb. 11: 9:15 p.m., 300 block of Leland Ave., residential burglary, occurred between 6:30 and 7:30 p.m.

*Feb. 11: 10:15 p.m., Argonaut Ave., auto burglary, cell phone taken.

*Feb. 11: Bayshore Blvd. and Blanken Ave stolen automobile, 1999 Mazda Protege.

*Feb. 11: Unit block of Brookdale Ave., recovered vehicle, 1986 Toyota Camry (Albany PD case).

*Feb. 14: 7:45 a.m., 1100 block of Persia Ave., 61 year-old Visitacion Valley woman cited for driving with suspended license had her vehicle impounded.

Captain Denis O'Leary of Ingleside Station contributed to this report.

California Gas Prices Moving Lower

Drivers have received a modest amount of relief from near record high gas prices in California, but the cost of fuel remains very high for this time of year. According to the latest report from AAA of Northern California, which tracks fuel costs as a service to consumers, the statewide average cost for a gallon of regular unleaded gas on Feb. 12 was $3.12, a 23-cent decrease since the last AAA gas price report on Jan. 8.

"Three dollars a gallon is the new $2 a gallon," said Sean Comey, spokesperson for AAA of Northern California. "What's considered a typical price for fuel has increased so dramatically that some consumers now view anything at or below $3 to be relatively cheap."

A combination of market forces appears to be driving prices down. In California, demand for fuel has been falling for more than a year. The supply of gasoline available recently has been relatively robust. Consumer concerns about an economic slowdown often coincide with falling energy prices.

"It's important to keep a sense of perspective about these falling prices," said Comey. "Average costs would have to fall nearly another 50 cents per gallon just to get us back to the same level we were at this time last year. If you think back, you'll remember that last year was no bargain at the pump."

The most expensive average gas price in the California communities where AAA monitors fuel costs was in Eureka, where regular unleaded sold for $3.42 per gallon. The lowest price among Northern California cities tracked by AAA was in Tracy, where gas cost an average of $3.02 per gallon.

Throughout Northern California, the average price was $3.15, down 21 cents since the last AAA gas price report. In the Bay Area, the average price was $3.30, a decrease of 22 cents from last month's report.

The nationwide average price of self-serve regular gasoline was $2.96, down 15 cents from last month's AAA gas price report. The average statewide price in California was 39 cents per gallon higher than the national average.

The least expensive gasoline in the country is found in Springfield, Mo., where regular unleaded cost an average of $2.73. The highest average price in the nation was in Wailuku, Hawaii, on the island of Maui, where a gallon of regular unleaded costs $3.88.

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the mem-bers of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

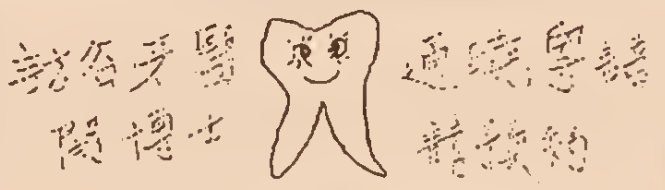
VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



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Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

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Come to Church This Week

Who Was Kilroy and Was He Really There?

During World War II, a popular scribble found at many a battleground was: "Kilroy was here!" But just "who" the heck was Kilroy?

In 1946 the American Transit Association, through its radio program, "Speak to America," sponsored a nationwide contest to find the real Kilroy, offering a prize of a real trolley car to the person who could prove himself to be the genuine article.

Almost 40 men stepped forward to make that claim, but only James Kilroy from Halifax, Massachusetts had evidence of his identity.

Kilroy was a 46-year old shipyard worker during the war. He worked as a checker at the Fore River Shipyard in Quincy. His job was to go around and check on the number of rivets completed. Riveters were on piecework and got paid by the rivet.

Kilroy would count a block of rivets and put a check mark in semi-waxed lumber chalk, so the rivets wouldn't be counted twice. When Kilroy went off duty, the riveters would erase the mark.

Later on, an off-shift inspector would come through and count the rivets a second time, resulting in double pay for the riveters.

One day Kilroy's boss called him into his office. The foreman was upset about all the wages being paid to riveters, and asked him to investigate. It was then that he realized what had been going on.

The tight spaces he had to crawl in to check the rivets didn't lend themselves to lugging around a paint can and brush, so Kilroy decided to stick with the waxy chalk. He continued to put his checkmark on each job he inspected, but added *KILROY WAS HER E* in king-sized letters next to the check, and eventually added the sketch of the chap with the long nose peering over the fence and that became part of the Kilroy message. Once he did that, the riveters stopped trying to wipe away his marks.

Ordinarily the rivets and chalk marks would have been covered up with paint. With war on, however, ships were leaving the Quincy Yard so fast that there wasn't time to paint them.

As a result, Kilroy's inspection "trademark" was seen by thousands of servicemen who boarded the troopships the yard produced. His message apparently rang a bell with the servicemen, because they picked it up and spread it all over Europe and the South Pacific. Before the war's end, "Kilroy" had been here, there, and everywhere on the long haul to Berlin and Tokyo.

To the unfortunate troops outbound in those ships, however, he was a complete mystery; all they knew for sure was that some jerk named Kilroy had "been there first." As a joke, U.S. servicemen began placing the graffiti wherever they landed, claiming it was already there when they arrived.

Kilroy became the U.S. super-GI who had always "already been" wherever GIs went. It became a challenge to place the logo in the most unlikely places imaginable (it is said to be atop Mt. Everest, the Statue of Liberty, the underside of the Arch De Triumphe, and even scrawled in the dust on the moon.)

And as the war went on, the legend grew. Underwater demolition teams routinely sneaked ashore on Japanese-held islands in the Pacific to map the terrain for the coming invasions by U.S. troops (and thus, presumably, were the first GI's there). On one occasion, however, they reported seeing enemy troops painting over the Kilroy logo! In 1945, an outhouse was built for the exclusive use of Roosevelt, Stalin, and Churchill at the Potsdam conference.

The first person inside was Stalin, who emerged and asked his aide (in Russian), "Who is Kilroy?" .

To help prove his authenticity in 1946, James Kilroy brought along officials from the shipyard and some of the riveters. He won the trolley car, which he gave it to his nine children as a Christmas gift and set it up as a playhouse in the Kilroy front yard in Halifax.

Mayor Really Off His Feet This Time

Zero Gravity Corporation the first and only FAA-approved provider of commercial weightless flights, welcomed San Francisco Mayor Gavin Newsom and fiancé Jennifer Siebel on Feb. 16 to experience a weightless adventure aboard one of the first zero-gravity flights for the general public from NASA's Moffett Federal Airfield.

Organized Doesn't Mean Rigid or Perfect

There is something about the spring air that motivates even the worst procrastinators to dust off the cleaning supplies and begin organizing their home or office space. However, once the yearly ritual begins, many people can describe how they feel in one word, "Overwhelmed!"

"That's because they think being 'organized' means being rigid, sterile or perfect," explains Organizing Guru Rosemary Chieppo, author of the handbook *Clutter, Chaos & the Cure*. Chieppo, who says her style "is more Rachael Ray than Martha Stewart," defines organized as being able to find what you need, when you need it.

"It ain't rocket science," Chieppo defiantly proclaims. "Organizing just means having a place for everything and making sure everything is in its place."

Chieppo's unconventional approach stresses that clearing physical clutter clears the clutter in the mind, "Spring is all about renewal, so there's no better time to reorganize your home and reinvigorate yourself." Although her new handbook ranges from guidelines for knowing when to throw out important papers to maximizing kitchen space, Chieppo offers the following five general tips for simplifying spring organizing when the "must-do-mood" hits:

1. Start with small tasks so you can indulge in the victory of completion. "Most people feel defeated before they start, so this mindset is going to keep you motivated."

2. Give your things a home at the point of their use. "Think toothbrush. You never misplace it because its home is where you use it. The same concept should be applied to just about everything else in your space."

3. Group like things together. "It allows you to keep inventory of what you do have so you don't end up with 17 black turtlenecks or 67 AA batteries!"

4. Don't put tall things in front of short things and don't put big things on top of little things. "Most people are visual; if they don't see something, it may as well not exist."

5. Remember, organizing is an ongoing process. "Once you've done the initial work of creating a place for everything, don't sabotage your progress by falling back into old habits. Try to return each item to its designated spot as soon as you can."

Before attempting to implement the tips, most clients of Chieppo's business, Born to Organize, commonly present her with the same two roadblocks. The first is concern about the amount of time it will take to complete the organizing project; to which she replies, "You think you don't have time to get organized, but you must get organized in order to have time."

The other hurdle involves mustering up the courage to say "goodbye" to things accumulated over a number of years. "I never saw a hearse pulling a U-Haul," Chieppo jokingly points out. The longtime member of the National Association of Professional Organizers states that many people tend to think of organizing only in terms of physical space like closets, pantries and papers, but adds it also has an emotional and mental side. "They don't own their stuff. Their stuff owns them. Bringing themselves to donate or discard an item of sentimental value takes a certain amount of self-reflection."

Once a person is armed with knowledge of how to organize and begins the process, Chieppo teaches that the easier the system, the more likely they are to incorporate organizing into their daily routine. And that, she contends, is where the real payoff comes into play, "Keep your life organized, she says, and you'll find more energy and clarity in every day. More importantly, next year, you can spend your time enjoying all spring has to offer instead of cleaning!"

Joe Leland around the neighborhood

***Not So Super Tuesday for Visitacion Valley:** Nearly 64.5 percent of registered San Francisco voters exercised their right to vote in the February 5th Super Tuesday California Primary. Sadly Visitacion Valley could only muster 48.4 percent of our 7,244 registered voters. 48.6% isn't such a bad statistic; it is nearly half. But when compared to the other neighborhoods as defined by the Department of Elections, 48.4 percent ranks dead last. Once again, Visitacion Valley has the dubious distinction of the neighborhood that votes the least. A little perspective: Diamond Heights and Noe Valley turned out nearly 75 percent of their voters; Chinatown, The Excelsior and Portola nearly 60 percent; Bayview Hunters Point 51.7 percent. Visitacion Valley's lack of ballot box presence is alarming for obvious reasons. If we don't vote we don't count.

***Crezia Tano Has Left the Building:** After two years of tireless service to the Visitacion Valley community as program manger for the Visitacion Valley Businesses Opportunities and Outreach to Merchant (VVBOOM) program, Crezia made the difficult decision to pursue other career opportunities. Her last day of service will be February 29th. The future looks bright for this rising star.

***Homebuyers Assistance Workshop:** The most important investment you will ever make is your home! Please join Lennar Urban, the San Francisco Redevelopment Agency and Wells Fargo Home Mortgage to learn everything you need to know about buying your first home on Wednesday, March 5 from 6:30 to 8:30 p.m. at the John King Senior Center, 500 Raymond Ave. Workshop participants will receive a free credit report, a first step to qualifying for homeownership. Light refreshments will be served. For more information, please call (415) 822-4847 ext. 201 or visit their website at:www.HuntersPointCommunity.com

***Schlage Lock CAC Loses a Valued Member:** Linda Bien President and CEO of North East Medical Services (NEMS) passed away unexpectedly on Sunday, February 17. Linda served on the Visitacion Valley / Schlage Lock Citizens Advisory Committee (CAC) since its inception in 2006 as a representative of a Leland Avenue property owner and community service provider. NEMS, located at 28 Leland Ave., is one of the community greatest assets providing much needed medical services within our community. The CAC and the greater community will miss her leadership and valued input.

***Derelict Cars on Tunnel Avenue:** Over the past few years, the stretch of Tunnel Avenue between Lathrop Avenue and the CalTrain Station has become the semi-permanent home to a collection of dilapidated vehicles. A few are actively used as alternate living arrangements for those that cannot afford to buy a home in beautiful Little Hollywood, but the majority of the wrecks were owned by a single individual that seemed to be a compulsive collector of urban detritus. The litter, human waste, and increasingly dangerous conditions spurred several regular CalTrain users and residents to band together and call for a short and long term solution to this problem. Numerous phone calls the Bayview Police Station resulted in a quick and effective crack down. Temporary *No Parking* signs were posted forcing all vehicles to leave the area. DPW crews cleaned the streets and life seemed much merrier for a short time. A long-term solution has yet to be determined but may include permanent late night parking restrictions.

***Smitty's Market is Gone:** Unless you have a keen eye and a taste for bargain hot links, most Visitacion Valley residents never noticed or visited Smitty's Market at 2610 Bayshore Blvd (next to Happy Donut). The little convenience store may have been known more as a cheap liquor store but has been a neighborhood establishment for countless years. Smitty's recently closed permanently for unknown reasons. The space may soon be used in conjunction with the neighboring A. Silvestri Company. The Grapevine will keep you posted.

Stimulus We Need to Get Our Economy Back on Track

by Speaker Nancy Pelosi

On February 13, President Bush signed into law the bipartisan economic stimulus package to help hard-working families in San Francisco and across the country who are struggling to make ends meet with the rising costs of energy, housing, health care and groceries.

Nationwide, more than 100 million families, seniors, and veterans will receive recovery rebates, and for the first time, tens of millions of low-income working people who have been excluded from past stimulus plans will benefit from rebates and the child tax credit. Here in California, more than 14,700,000 households will receive an average tax rebate of $844.

Businesses will also receive a tax cut to make immediate, new investments to create American jobs. It is estimated that the stimulus package will also create more than 500,000 jobs before the end of the year. More than 3 million small businesses in our state will receive this tax cut to help stimulate new job growth. This is a crucial part of our jobs agenda for America.

Recovery rebates in the stimulus package will provide tax relief of up to $600 per individual and $1,200 per married couple, plus an additional $300 per child. These recovery rebate checks could be sent as early as mid-May. The IRS is already hard at work. Under this package, the typical American family with two children will receive a recovery rebate of $1,800. Seniors living alone on their Social Security income, or disabled veterans, will also receive a recovery rebate of as much as $300 each.

The package also gives families a second chance at the American dream of homeownership by helping them refinance their mortgages and avoid foreclosure. And it includes recovery rebates to an additional 20 million seniors and disabled veterans.

For too long now, American workers, homemakers, and homeowners have known that there was a problem looming in our economy. This bill takes quick action to help those living paycheck to paycheck – not just the working poor, but the middle class. This plan will get our economy moving again by putting rebates in the hands of those who need them and injecting demand in the economy.

By enacting a progressive stimulus package that provides tax relief to millions of families in California and across the nation, the New Direction Congress has taken a strong step for creating hundreds of thousands of jobs and strengthening America's middle class. This is an enormous, bipartisan victory for job creation, for our economy, and for the American people.

Upgrade Begins at PG&E Service Center

Work commenced in mid-February at the PG&E Martin Substation in Brisbane and the Martin Service Center at Geneva Avenue and Schwerin Street in Daly City on a two year project to remove and replace high voltage electrical equipment and foundations.

Work at the Service Center will also include installation of underground cables and small electrical control buildings

About 5,940 cubic yards of soil excavated in the project will be tested for contamination.

Directly south of the Service Center is Midway Village, a public housing complex for about 150 families where the Department of Toxic Substances Control has just issued a draft of its second Five-Year Review of the area to determine how recent cleanup efforts of contaminated soil on the site are affecting residents and the environment.

Midway Village was originally built in 1944 as government housing during World War II adjacent to where gas was manufactured for several years until 1913. Later as public housing, the complex was entirely rebuilt in 1976. More than a decade later, PG&E tests determined contaminants in the soil around the current Midway Village housing.

Throughout the years, many Midway Village residents have complained of health problems they attributed to the contamination. In the mid-1990s, a few hundred current and former residents sued insuccessfully in federal court claiming negligence on the part of the federal government, although a few plaintiffs later accepted settlements from $2,000 to $4,500.

Grapevine Puzzler — Bigger Hawaiian Towns

A	L	U	U	A	H	O	U	S	I	N	G	O	O	P	O	O	P	A	N
H	A	W	A	I	I	A	N	A	W	A	A	A	K	O	O	C	O	I	W
B	N	G	R	Y	C	E	N	C	W	Q	R	A	E	A	W	E	I	N	O
R	E	W	E	R	K	A	H	A	L	U	U	W	A	H	W	A	N	A	T
W	R	T	Y	U	A	I	T	P	H	T	E	I	U	A	V	N	T	L	S
T	R	W	E	R	M	U	L	T	Y	O	T	E	H	N	F	H	H	O	I
E	U	H	O	N	O	K	A	A	N	M	L	L	O	A	W	O	E	A	Y
E	U	R	H	N	Y	T	R	I	U	H	J	A	U	P	E	N	E	C	R
W	P	E	T	A	E	R	I	N	T	E	U	H	Y	E	I	A	L	R	U
E	A	E	S	I	W	R	E	E	Y	U	A	I	U	P	V	L	A	E	K
A	L	E	I	I	U	A	U	T	I	T	N	Y	R	E	T	O	N	S	E
U	A	F	L	A	L	T	I	R	A	E	U	R	R	I	J	K	A	C	A
K	U	D	A	W	U	U	T	I	K	T	A	T	V	R	E	J	I	E	A
E	K	A	P	A	A	U	B	E	A	Y	N	N	I	O	R	T	Y	W	U
K	A	S	A	H	M	L	U	E	K	N	O	E	L	Q	Y	Q	U	W	R
A	L	I	N	A	A	A	K	L	A	R	H	G	L	U	E	W	Y	R	R
L	A	A	A	D	N	H	U	E	N	C	E	A	A	O	R	W	T	Y	R
A	H	W	A	R	A	A	H	E	U	R	H	W	G	I	T	E	U	U	E
E	E	A	K	T	H	K	A	L	A	T	E	E	E	S	Y	R	U	I	R
K	O	L	O	A	H	A	K	E	K	Y	R	T	S	T	Y	U	U	0	T

Ainaloa, Anahola, Captain Cook, Eleele, Ewa Gentry, Ewa, Villages, Haleiwa, Hanamaulu, Hanapepe, Hauula, Hawaiian Acres, Hawaiian Beaches, Hawaiian Ocean, Hawaiian View, Heeia, Hickam Housing, Honalo, Honaunau-, Napoopoo, Honokaa, Iroquois Point, Kaaawa, Kaanapali, Kahaluu, Kahaluu-, Keauhou, Kahuku, Kalaheo, Kapaau, Kaunakakai, Keaau, Kealakekua, Kekaha, Kilauea, Koloa, Kualapuu, Kurtistown, Laie, Lanai City, Lawai

Historic Proportions

1874

Match clues to answers.

1. This was first patented on July 24.
2. Kingdom signed treaty with United States on Mar. 18 granting exclusive trading rights.
3. Annexed by New York City on Jan. 1.
4. This opened in India on Mar. 5.
5. First public zoo in the U.S. opened here on July 1.
6. Established as U.S. political party Nov. 25 of financially hurt farmers.
7. Game called "sphairistike" was patented on Feb. 23.
8. Agreement signed Jan. 20 gave British control over Sultanate of Perak and other independent Malay States.
9. Cartoon with elephant representing Republican Party first published here on Nov. 7.
10. Bay Area newspaper first published on Feb. 21.
11. U.S. patent on May 20 to Levi Strauss and Jacob Davis for blue jeans with this.
12. They regained the U.S. House of Representatives on Nov. 4 for the first time since 1860.

A. Harper's Weekly
B. Greenback
C. Copper rivet
D. Agra Canal
E. Incandescent lamp
F. Democrats
G. Philadelphia
H. Hawaii
I. Oakland Daily Tribune
J. Pangkor Treaty
K. The Bronx
L. Lawn tennis

Answers: 1-E, 2-H, 3-K, 4-D, 5-C, 6-B, 7-L, 8-J, 9-A, 10-I, 11-C, 12-F

Sez Who?

Match quotes to speakers.

1. "Confidence is contagious. So is lack of confidence."
2. "He whose ranks are united in purpose will be victorious."
3. "The search for truth is more precios than its possession."
4. "Nothing is worth doing unless the consequences may be serious."
5. "Td to write it."he most important trip yu may take is meeting people halfway."
6. "Just because something doesn't do what you planned it to do doesn't mean it's useless."
7. "My kind of loyalty was loyalty to one's country, not to its institutions or its office-holders."
8. "History will be kind to me for I inte .
9. "Not what i have, but what I do is my kingdom."

A. Albert Einstein
B. Thomas Edison
C. Sun Tzu
D. Thomas Carlyle
E. Winston Churchill
F. Vince Lombardi
G. Henry Boye
H. Mark Twain
I. George Bernard Shaw

Answers: 1-F, 2-C, 3-A, 4-I, 5-G, 6-B, 7-H, 8-E, 9-D.

As a Matter of Fact

*Paprika comes from the capsicum pepper plant.

*The earliest recorded international cross-country automobile race was a match between England and France that took place outside Paris on Mar. 28, 1898. England won.

*In its pure state, iron is silvery white.

*Book matches were invented by Joshua Pusey, a Philadelphia patent lawyer, in 1892.

*The hermit crab's home is an empty sea shell. When the crab grows too big for the shell, it hunts for a larger one.

*The smallest bird of prey is the white-fronted falconet, which is the size of a sparrow.

Grapevine Five Years Ago

MARCH 2003

*Using ceramic tiles, broken plates, cut mirrors and colored grout, second and fourth-graders at Visiticion Valley Elementary School learned the cultural diversity of their neighborhood while spending 14 weeks with Muralist Josef Norris in transforming the outside of their school with a spectacular mosaic tile mural.

*Bids for Segment F – Hester Avenue to Sunnydale Avenue – for the new Third Street Light Rail were opened on Jan. 30.

Sump, the Gump

Poor Rix Almanac

by Rix Quinn

Poor Rix: Can you help me understand the famous play "Romeo and Juliet?" -Student

Most students read this masterwork by Shakespeare, then ask (1) Where did those people learn to talk so cool? and (2) Will somebody make this book into another movie?

The play centers around Romeo Montague and Juliet Capulet (a name that rhymes). Juliet's dad arranges for his daughter to marry a big-shot named Paris, and sets up a costume party where they can meet.

Romeo shows up in disguise, thinks Juliet is hotter than a blowtorch, and grabs a kiss. Then he follows her home, stands under her window, and blathers all sorts of gushy stuff that lovesick guys have quoted for centuries.

Juliet adores Romeo right back, even though the families hate each other. But, what the heck…they're both 14, so they decide to marry!

Romeo convinces a friendly friar to tie the knot immediately.

Then, in events more twisted than a contortionist's colon, Romeo's friend and Juliet's cousin slice-and-dice each other. Romeo tries to bust up this knife battle, but accidentally kills the Capulet kid, and goes into hiding.

Then the friar hatches a plan. He gives Juliet a sleeping potion to make her "appear dead." When her family carries her to the tomb, the friar will fetch Romeo to rescue Juliet, and they can escape!

But news of Juliet's "death" reaches Romeo before he learns about the trick. Heartsick, he buys poison, then races to her tomb so they can dirt nap together.

When Juliet wakes up to find Romeo deceased, she stabs herself. The warring families find the fallen lovers, and the philosophical friar explains that the couple wished only love, which reunites their families.

I've left a lot out, but the basic message is: (1) don't kiss strangers in costume, (2) don't get married too young, and (3) watch the movie.

Dear Poor Rix: What is your favorite horror story? — Linda

Chances are if you didn't read "Dracula," you saw a movie version. The original 19th century novel unearths a deep plot filled with unsavory creatures…the same thing Dracula enjoyed when he was real hungry.

The story begins as lawyer Jonathon Harker heads for Count Dracula's Transylvania castle on a legal matter. Dracula invites Jon to stay overnight, which may be hunger talking.

Jon's soon awakened by scratching, and opens his bedroom door to find Drac hanging upside down on the wall.

Bolting from his room, Jon escapes by running through another door, which leads him into a casket-filled courtyard. Quickly, he swallows a cold capsule to "stop the persistent coffin."

From this point forward, the plot becomes thicker than concrete pudding. But at Dracula's castle, we learn that he has several brides (you'll see them in later movies) who conspire with him to bleed good folks dry.

The only way to destroy these rascals is to pierce their hearts with stakes while they sleep. So when the sun rises, that's what our heroes do. Soon the world is vampire-free…until the next sequel.

In reading this grand classic, we discover that (1) blood is thicker than water, and more nutritious, too, (2) vampires make lousy house pets, and (3) first thing in the morning, there's nothing like a good stake.

Rix Quinn — who wrote the book on short writing "Words That Stick" — invites your questions to rixquinn@charter.net

Baby Boomers

by Rosanne Robertson

Common Traits

One frequent question we get: "What do older Boomers (those born 1946-1955) have in common with younger Boomers (born 1956-1964)?"

In our research, we've found the two age groups share these traits:

1. A large percentage were born to parents who entered adulthood before World War II.
2. They often attended classes where there were 28 students or more in a classroom.
3. They grew up in a fairly competitive classroom environment because there were so many students during that time period.
4. Many reported the joy of feeling free to move easily about their neighborhoods, where they felt safe. Some also said that they walked or rode their bicycles to school each day, and would often stop on the way home for snacks or refreshments.
5. Both groups said they often belonged to a number of after-school organizations, or that they were active in high school sports, drama, or academic competitions.

Getting Around

Thinking back to the days when I was a little kid, life was so simple ...but so much has changed now.

Clip-on roller skates clamped onto your shoes have given way to inline skates and athletic shoes with little wheels in the heel. No more do kids enjoy the ease of using a skate key to snap on their skates and go roaring down the sidewalks. Now parents'.checkbooks are made thinner, supplying their children with today's state-of-the-art skates.

With the passage of the last fifty years, the world I knew as a kid has all but disappeared, with changes and advancements happening in huge strides. We have progressed from riding in propeller-driven airplanes, chugging through the skies, to the luxury of rapid travel on jet airliners.

But wait! There's more … now we have the cross-the-Atlantic-blur-in-the-sky jets that will get you there in a few hours, with a free mini-face lift seemingly achieved from the velocity reached while darting across the ocean!

Space Travel

Baby Boomers have seen the advent of space travel, starting with that momentous event of one single orbit around the earth. Next we witnessed the first man setting foot on the moon, and now we have an international space station hovering over Earth.

Mankind is planning space exploration to Mars, and is sending out probes studying the solar system and beyond.

The changes we have experienced are nothing short of miraculous, and are happening at break-neck speed. Test tube babies, cloned animals, artificial hearts … one scientific miracle after another.

Information

Encyclopedias have given way to the use of the internet for all your answers. (No longer do kids have the excuse to get out of the house to meet their friends "at the library"!)

Even with huge shopping malls available to supply your every need, you can now turn on your computer, browse, make your selection, click the button, and SHAZAAM! Your purchase is delivered straight to your door.

Today some guys wear their pants yanked down very low , exposing their undershorts to the world whenever they bend over. I see this and wonder if I ever made my parents think I looked as stupid as these kids do, and true to the prophecy of my mother, it has come full circle.

It's true … parents know these things.

Kinder, Gentler Days

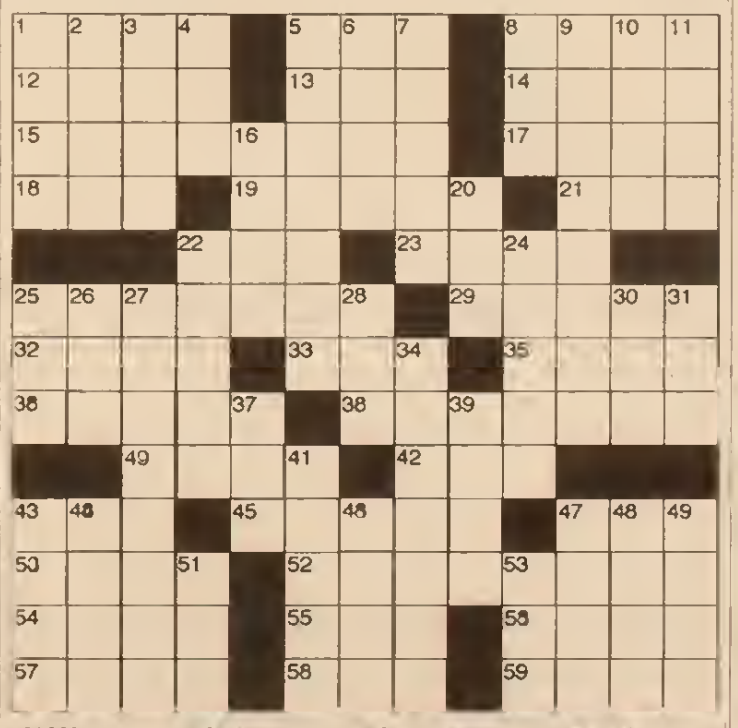
During the Baby Boomer years, there have been events that left massive scars on humankind. Political assassinations and terrorism have made their mark in increasing strict security measures, and have basically changed the way everything is done.

Side effects of these events trickle all the way down to security in grade schools. I look wistfully back at the "kinder, gentler" days of childhood, and then look at what our children's children must endure today in this unrecognizable world.

I was lucky. I was able to enjoy being a kid. Today's world is an endurance race of competition and paranoia, generously seasoned with greed and lack of control.

Crossword Puzzle

Solution on Page 6



ACROSS
1 Indian groom
5 Kipling hero
8 Accountant (abbr)
12 Amalekite king
13 Individual retirement acct. (abbr)
14 Mule
15 Phil. Island
17 Impair
18 Camel hair cloth
19 Kind
21 Recommended daily allowance (abbr)
22 Punjab inhabitant
23 Yahi tribe survivor
25 It. Marble
29 Devil
32 Jewish month
33 With (pref)
35 Ten (pref)
36 Eagle's nest
38 Superior
40 Gael
42 Eth. Prince
43 Her Royal Highness (abbr)
47 Honey-eater bird
50 Birth a lamb
52 Dance company
54 Alleviate
55 Son of, in Arabic names
56 Byron poem
57 Corner
58 Shelter
59 Seed coat

DOWN
1 Muttonfish
2 Arabian Nights.dervish
3 Sayings (suf)
4 Signed (abbr)
5 Lively
6 Persia today
7 N.Z. Polynesian
8 Hardwood
9 Ribbed fabric
11 Theme: music
16 Bedouin headband cord
20 Noun-forming (suf)
22 Pretty (Fr)
24 Hell
25 Council for Econ. Advisors (abbr)
26 Island (Fr)
27 Buy
28 Name (Fr)
30 Perform
31 But also
34 Naut. Line
37 Sprite
39 Swiss card game
41 Dravidian language
43 Rain (pref)
44 Raise
46 Leaf division
47 Jewish month
48 Air (pref)
49 Elliptical
51 Maiden name lead-in
53 Guido's note (2 words)

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE , 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE , 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3682 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMYARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISTACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISTACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLOORS
TEDDY B's HARDWOOD FLOORS, 309-6342
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2156 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EOIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS , 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 585-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNORY, 108 Leland Ave., 239-9030
LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Ray St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave , 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwerin St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9696 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel), 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
BLUE HAWAIIAN RESTAURANT, 107 Leland Ave., 469-9728
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAYANT TAQUERIA , 98 Leland Ave., 587-7721
TWO JACK'S, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Canor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
OYNAMICOEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave
VISITACION VALLEY BILINGUAL EOUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOOM), 1099 Sunnydale Ave., 587-7896 ext. 104
TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

California Still Least Affordable in Housing

SACRAMENTO - Despite falling home prices throughout most of the state, California remains the nation's least affordable market for housing in the fourth quarter of 2007, the California Building Industry Association reported recently.

The quarterly NAHB/Wells Fargo Housing Opportunity Index, compiled by CBIA's sister organization, the National Association of Home Builders, found that homes were more affordable in all of the state's 28 metropolitan areas when compared to the third quarter, but because home prices have fallen throughout the nation, California still leads in unaffordability.

On a statewide basis, just 18.1 percent of all the homes sold could be afforded by a median-income family, up from 12.6 percent in the third quarter.

Robert Rivinius, CBIA's President and CEO, said while it's somewhat encouraging that affordability has increased slightly throughout the state, California will not enjoy widespread housing affordability until major reforms are made at the state and federal levels.

"Despite market corrections that have made some areas in California more affordable, the fact remains that the cost of housing in California is out of reach for the vast majority of hard-working families struggling to buy their first home," Rivinius said.

He noted that policy-makers need to recognize that the high costs of land, government impact fees that add $50,000 to $100,000 per home or condominium, and over-regulation continue to make homeownership out of reach for first-time buyers and that our state and federal representatives need to come up with more solutions to make homes more affordable.

State lawmakers could help ensure adequate supply by passing legislation that would allow builders more time to begin construction on already-approved projects, and help ease costs by allowing impact fees to be paid when a home is sold instead of when building permits are taken out, Rivinius noted.

During the fourth quarter, eight of the 10 least-affordable communities in the nation were located in California, as were 24 of the bottom 30. Napa County saw a slight increase in affordability yet remained the nation's least-affordable market for the second quarter in a row, with only 4.9 percent of the homes sold affordable to a median-income family, up from 3.3 percent in the third quarter.

Monterey County fell to the second least-affordable market in the nation with 5.6 percent affordability, followed by Los Angeles County at 6.2 percent. Rounding out the bottom five were San Francisco, San Mateo and Marin counties (7.9 percent) and Orange County (8.4 percent).

Only three metro areas scored affordability levels higher than 25 percent – the Sacramento area, which increased from 17.2 percent to 27.2 percent; Shasta County, which increased from 20.3 percent to 30.5 percent; and Butte County, which saw an increase from 27.2 percent to 36.8 percent. Affordability inched upwards by at least 2 percentage points in all but five California markets – Napa County, Monterey County, the San Francisco area, Ventura County, and Santa Clara and San Benito counties.

Nationwide, 46.6 percent of new and existing homes sold in the fourth quarter were affordable to families earning the national median income. Kokomo, Ind., remained the nation's most-affordable major housing market with an affordability ranking of 92.9 percent, followed closely by Springfield, Ohio, which came in second with a ranking of 92.7 percent.

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

First Series of
Interacting with Your Child Through Games and Activities
"Easter Egg Painting"
50 Raymond Ave.
Friday, March 14
4:30 - 6:30 p.m.
Facilittor: Marichelle Punzalan

First Series of
Parents' Support Group
Thursday, March 6
4:30 - 6:30 p.m.
Handling Conflict, Part II
Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, *Before The After*

March 2008 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral
Every Monday Through Friday
February 1 to 31, 9 a.m. - 5 p.m.

Male Involvement Support Group
Thursday, March 6, 4:30 to 5:30 p.m.

Whole Family Activity
Easter Egg Hunt at Visitacion Valley Clubhouse
Saturday, March 22, 10 a.m. to 12 noon

Parent ang Child Hands On Literacy
Theme: My Five Senses
Saturday, March 29, 10 a.m. to 12 noon

For more information, please contact the Family and Community Services Center staff: Meriam T. Abalos, Marichelle Punzalan, Cynthia Pun, Joyce Boone, and Jenny Sosa
161 Leland Ave., San Francisco, 94134

Every Wednesday

March 5, 12, 19 and 26
6 - 8 p.m.

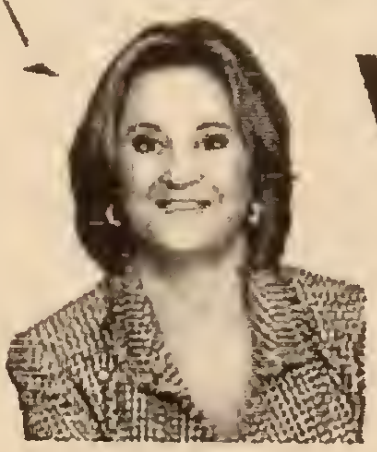
Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution

Every Monday,
3 - 4 p.m.
March 3, 10, 17, 24 and 31
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

I have been studying Visitacion Valley for a long Time.



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